Mrs. H. W. Beecher

MOTHERLY TALKS.

THE HOME:

HOW TO MAKE AND KEEP IT.

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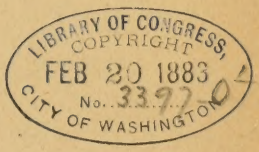
Eunice White (Bullard)

By MRS. HENRY WARD BEECHER.

"Home, home, sweet, sweet home."



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There is a RIGHT way of doing everything — however simple — which, if conscientiously followed, will insure satisfactory results: there is a WRONG way, which, if persisted in, will insure failure. And the right way is always the easier.

PREFACE.

For some years past a corner in "The Christian Union" has been set apart for brief articles relating to the daily labors indispensable in all classes of homes. In these articles were given not only such suggestions and cautions as seemed most needed in the performance of the daily manual labor of the household, but in addition an effort was made to lift housekeeping above mere drudgery by considering those motives and principles which are best calculated to secure the happiness of the family circle and the home, and indirectly, the welfare of society itself; but which, if neglected or regarded with indifference, are certain to bring misery, if not ruin.

These articles have, from time to time, been carefully revised and gathered into permanent book-form, for ready reference and convenient use of those for whose especial benefit they were written; namely, housekeepers, especially the young and inexperienced, upon whom rests the responsibility of making and keeping the home.

Now, once more, comes an urgent request to gather into a volume another series of these "motherly talks," made up of what seemed to be the most practical and helpful of a long series; and consent has been given with a hope that the lessons may prove interesting and instructive to mothers and wives every-where, and especially to that large class, who marry and assume the perplexing duties of housekeeping, before their domestic education is completed, and in many cases before it has even begun.

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THE HOME.

HOUSEHOLD CARES AND HOME DUTIES.

Money can always *buy a housekeeper*. *Love* only can secure a *home-maker*. A good boarding-house or hotel will supply every comfort that a housekeeper can give. But a good wife and mother —who alone should be the mistress of her husband's house, will insure a *home*. Unite the housekeeper and the home-maker—let them be one and indivisible—and that union will provide a refuge from all outside trouble, such as can be found nowhere else, and such as God designed home to be. The mistress of the house should be capable of having full superintendence of all household affairs, and should find pleasure and honor in doing it. Every department of her domain should be arranged with such system that her employees will find it easy to "fall into line," and obeying her laws—carry forward, each her appropriate work—as the mistress has designed. No one, *hired* to take such superintendence and supervision, ever succeeded in giving the true comfort and relish—the pure atmosphere of home.

Believing this idea to be correct, we constantly urge that mothers should feel themselves bound to give their daughters the domestic training that will enable them to become preeminent in all such knowledge as will fit them, when they enter society, to be not the most fashionable, or followed by the largest number of distinguished admirers, but noted for intelligence, for modest demeanor, for mental culture, and for being thoroughly versed in all such domestic knowledge as will be needed to enable them to make model homes.

There are many roads that lead by different turns to the same termination, so the rules by which to attain to perfect housekeeping differ widely in many particulars, but all meet in a common center, from which it is plain that systematic labor, scrupulous neatness, promptness and strict economy, are absolutely indispensable to secure a well organized household, whether among the rich or the poor. Those mothers, who lead their daughters from early girlhood by these rules, are laying the foundation for noble, sensible, energetic women, and the most perfect housekeepers and home-makers.

Early instruction in domestic economy is the true way to find real pleasure in such duties. Let the instruction be given pleasantly—a little at a time—so that the young girl is not wearied by it. As soon as the child begins to see satisfactory results flow from her small efforts, it will not be long before she will take pride in the work, and without urging reach out toward other trials of her skill, until, step by step, she finds useful work no burden, but having been taught to do each thing perfectly, even though repeated trials were needed to secure the desired result, will never again feel any hesitancy in attempting the necessary work. She has conquered, and henceforth will know her power in that direction, and find much enjoyment in it.

Because the first attempt may be a failure, not once or twice, but often, it need not, on that account be a terror. Make the first trial short, explain in words easily comprehended by a childish mind, where the mistake was made, and how to remedy it; then send the young damsel off with gentle words, for a play, or to some little service easily comprehended, and after a time let her try again. Give full praise for the very smallest improvement in the next trial, and show her just where the change is made. It will not take many lessons in such little duties or work as a small girl is able to do without injury, to make her fully equal to the effort. Only be very sure, no matter how often the lesson needs to be repeated, that it is learned *perfectly*. Accept no work that is only half or carelessly done. That is an injustice to the child. But be a patient, cheerful, smiling instructor.

We remember how a little girl was taught to sew, the lesson

having been commenced when she was scarcely two years old. *Threading the needle*, was the first step, and seated on her mother's knee, it was as people often say, "*as good as a play*," to see the little midget trying to hold the needle right, and pass the thread through the eye. But she succeeded before she had time to get impatient and weary, and was so elated that she wanted to try again. But that was judiciously put off for awhile. The next attempt was very easily accomplished. Then came the trial of taking the first stitch. That would have been easy enough if the mother had allowed the child simply to push the needle through, regardless of how much or how little cloth was taken up. But no. A little square of pink and white calico, not two inches across, had been basted together, and the little one, again on her mother's knee, was shown how to take up just one thread of white and one of pink, and sew them together. Every stitch that did not come up to the exact standard was pulled out, and it was several days, and many, many trials before that little square was completed. Of course the next was more quickly dispatched, and courage growing with success, the child undertook to make the *whole of a doll's bed-spread*, but every stitch was to be perfect. The doll's bed-spread grew into a bed-spread for her own bed before she was four years old, and under it all her own children have since slumbered.

But before the spread was finished little Miss became ambitious of making her father a shirt, "every stitch of it with her own hands, and the shirt well made, every stitch as true as a die," was presented to her father, a "Christmas gift," before his little daughter was five years old.

Now there is nothing wonderful in this, and it is told simply to show that in all first lessons, if the child is not allowed to take the second step till the first is mastered, she may even in her play be learning how to perfect herself in womanly duties, and by so doing learn to do all so easily that when she steps into full womanhood, she will find "the yoke easy and the burden light."

TAKE CARE OF THE KITCHEN.

If possible, a large airy kitchen should be secured, even if, to possess it, one must relinquish some few elegancies or conveniences in the less important parts of the house. Few servants are blind to the pleasure of having every thing nice and convenient in the room that may be to them a home, perhaps for years, and no girl worth keeping will intentionally deface a well-appointed kitchen, or rob it of the little niceties and tasteful arrangements that awakened a cheerful home feeling when she first entered it. One does not often find servants who have the skill or training that will be needed to continue the perfect order in which they may have found the kitchen. Most girls need to be guided gently, for a short time at least; but there is abundant opportunity to develop and exercise true taste in the kitchen as well as in the parlor. Even in the uneducated we see the striving after the beautiful and tasteful in the many rude attempts which they make to beautify their kitchens and laundries. The mistress should always notice and encourage this, while, at the same time, a word of advice, a few quiet but skillful changes, will lead the girl to see the improvements, and, little by little, educate her into better and more satisfactory taste in her embellishments. Unfortunately many ladies have not the health or strength needed to take such a supervision of their affairs as will insure a neat and well-arranged kitchen—such as it does one's heart good to behold—and it is still more to be deplored that too many have no taste for any household care. On the contrary, they have a positive repugnance to care of any kind save the genteel arrangement of their parlors, and, when once this is perfected, it is chiefly left in charge of a servant with somewhat indefinite orders "to keep the parlors in order." The mistress then goes to her own personal adornment, preparing for a round of fashionable calls or amusements.

This class of housekeepers shun their kitchens as if they were infected. They may occasionally enter long enough to order some fancy dish—if wishing any more elaborate preparation for company than their usual bill of fare; and if the cook and waiter prepare

and serve breakfast, dinner, and tea at the proper time, and in passably acceptable shape, they feel that they have performed all that should be required of them. So long as their parlors and reception-rooms are stylishly furnished, the state of the kitchen gives them no anxiety. They do not inquire as to the condition of the utensils in daily requisition, or if the supply is adapted to the amount of work the cook is expected to accomplish, or if the various articles are of a kind fitted to expedite and simplify the labor of that department. To go into the closets and pantries and examine for themselves, is a piece of drudgery not to be thought of for a moment. If indeed it should occasionally be attempted, most likely the mistress would find herself incompetent to inaugurate a reform should one be needed.

Indeed, there are many homes where the kitchen appears to be entirely separate from the domain of the mistress; a region for which the cook is alone responsible. If ladies are content to eat what is set before them—"asking no questions"—not "for conscience' sake," but to insure self-indulgent indolence—why that is their right, and it is not for outsiders to interfere with their full enjoyment of it.

We know there are many who find no bliss in such ignorance, but, preferring to know when and in *what* their food is prepared, willingly accept the care, and often great annoyance, which such knowledge may bring. But, we also know that in very many homes, where every comfort and luxury abounds that riches can furnish, small attention is paid to comfort or convenience in the kitchen. Refusing to provide straw, Pharaoh exacted *the full tale of bricks* from the Israelites of old; so some housekeepers exact the most elaborate meals without any thought of providing the conveniences which will best enable the cook to gratify their wishes. The writer has watched with suffering ones, in times of prevailing sickness, where the furniture, glass, silver, and works of art were of the most exquisite elegance. When all the family were exhausted, it has been necessary at times to visit the kitchen to prepare something by the doctor's orders. Too often has that department been found as shabby, ill-appointed, and wretched a place as can well be imagined. In such a kitchen one may well be at

one's wit's-end to prepare the most simple beverage in the broken dishes and worn-out utensils which are found where all should be neat and convenient.

Whenever possible, a large, airy kitchen should be provided, with every thing to simplify and expedite the labor, and, a most important point, there should be every facility for perfect ventilation. In the homes of the wealthy there is no good reason why the kitchen should not be so arranged and furnished that a cook can have no excuse if it and its belongings are not in perfect order.

But for those in less favorable circumstances, the necessity for scrupulous neatness and order in the kitchen is still stronger. The occupants of second-class houses are often those who must do a large part if not all the work themselves. People thus situated have no time to spend in the doubtful luxury of those wasted days usually known as "clearing-up days." Those who find such days indispensable are chiefly of a class who never put any thing in its proper place for five days in the week, leaving the house in dire confusion till Saturday, on which day every thing is pulled from its hiding-place, washed, scoured, polished, and put where it really belongs. So striking is the improvement that one would suppose the kitchen would never again be left in such confusion. But probably before Monday's sun has set, carelessness and misrule will have regained their empire, and, if possible, have taken unto themselves seven spirits worse than the first, and thus Saturday's labor will have been given in vain.

There is not one servant in a hundred to whom the watchful eye of a neat, methodical mistress is not an imperative necessity. If the kitchen is made and furnished in the best known manner, it should, most certainly, be carefully kept; but if small, inconvenient, and with a limited supply of utensils, the necessity for greater neatness and order is of far greater importance. A famous French cook says: "The more inconvenient a kitchen may be, the more need of cleanliness, carefulness, and plentiful supply of convenient utensils to simplify the labor. *Cleanliness! cleanliness!* the great essential in all cooking operations, should, at the risk of being thought over-particular, be written in large capitals on the door of every kitchen, large or small."

WHO WILL HEED?

It would be amusing to listen to the comments of a circle of ladies on the dress of absent friends, if it were not humiliating to find how blind many are to their own follies, and how much weakness of character is evinced by the devotees of fashion. The question is often asked, "Why do you not speak freely of the increasing absurdities of fashion now before the public?"

What good would it do? It would be like the voice of one crying in the wilderness, afar from the abodes of men; breath wasted, time spent for naught. Have not the pulpit and press been speaking on this subject for years? and what has been the result? Month by month the changes in style are increasingly hideous and unnatural.

If one opens a fashion magazine, were it not for the title, it would be difficult to decide whether it was the "Budget of Fun," or "Punch," with the exaggerated deformities that are usually illustrated in those comic magazines. In neither would the human form divine be more wretchedly distorted. Yet from these fashion-plates the "upper ten" modiste makes her customer's dresses.

But, ah! those who most earnestly urge us to plain speaking, and apparently most clearly recognize the importance of reform, are living in glass houses, and dare not throw stones themselves. They recognize the reasonableness of a reform, and would gladly find fashion's chains less burdensome and irksome; but without the moral courage to shake off the shackles, they much prefer others should begin the warfare, while they look on at a safe distance, ready to join the ranks when the victory is won.

Why not commence, good friends, with your own dress? Throw aside the frizzles, or hair fronts glued down to the forehead in festoons, or whatever French name represents the strange disfigurements that now hide many a handsome brow. Brush the hair smoothly, and coil it gracefully around, and once more give the pleasure of seeing the head as God made it. Take off the yards of

silk that now sweep the earth; lay aside for better use the piles of lace and ribbon, the straps and puffings, and let us see the difference between a natural figure and one called fashionable, which is often built up to hide some unfortunate deformity of the inventor. You who move in what is called fashionable society can do more good by such independence than can be done by the best writers in the world.

The reply to such advice would come instantaneously, and with terrified looks: "Oh, mercy! we wouldn't do any thing of that sort for the world! To change to a more simple, natural, and less expensive style would be refreshing and comfortable, but we couldn't think of taking the initiative; for, after all, however absurd the style, one may as well be out of the world as out of fashion, you know. Why, such singularity would make us so conspicuous! We really think it would be—well, yes, quite immodest. No one person can, by making a martyr of herself, effect any material reform. It requires united effort. The change must be simultaneous."

These are cowardly arguments, and, pardon us, not truthful. Had all reformers reasoned in this way, what would now be the condition of the civilized world? Fashion is a tyrant, and until women have strength of mind to defy her, resolving to be guided by true taste, it will be difficult, if not impossible, to find release from her absurdities.

The old look sadly upon the vagaries of modern fashion; but, by glancing back a score or two of years, what do they find? The many comic entertainments delineating "Ye Old Folks" will answer the question. To be perfectly honest, while criticising modern fashions, can we say with truth that they are more unnatural and absurd than those which the fashionable dames of the last century and of the early part of the present accepted and indulged in? Indeed, many of the most uncomfortable and ludicrous fashions of that period, once accepted, were continued for years by the elder ladies of the community. When young ladies "came out" and took their places in society, they were as eager in seeking the newest styles as we find them now. Entering into the married relation, and rising to the society of the matrons, for a few years

their devotion to fashion continued unabated, and her laws were honored by observance even when riper judgment rebelled. The long bodice, immense hoops, long trains, and high-heeled boots, far surpassing those of the present time, held them in as rigorous bondage as their grandchildren yield to now. Powdered and frizzed hair ruled for a long time. Then it was rolled over on a pillow on the top of the head, and fastened with huge silver pins; or

> "With curls on curls they build the hair before,
> And mount it with a formidable tower;
> But look behind, and then
> They dwindle to the pigmy kind."

But fashions did not change so rapidly in olden times as they do now. When the tender olive branches demanded their care, and when

> "The table grew too small,
> And the cottage wanted room,"

Fashion was no longer the dominant power with sensible matrons. In olden times her devotees fell off from their allegiance earlier than now. The style of dress which the mother at forty wore was continued, with but little change, by many while their thoughts and devotion were given more largely to the children growing up about them. And as years increased and children ripened into maturity, the granddames, even in the best society, were often seen in rich attire, but fashioned after the style they wore when home joys took precedence of fashion. Unfortunately, sometimes their subjection to style stopped at a period when good taste was not the most prevalent, and down to very old age they continued to use some of the least desirable fashions.

We have little hope that our feeble words will be accepted or receive a moment's attention. But if those who have passed girlhood, and taken their places in society, can not be influenced, surely mothers should pause and consider the temptations they are spreading before their little girls. Little girls! Where can we find them now? See how a child of four, six, eight or ten years is dressed, even when not preparing for some entertainment—for childish sports and amusements are quite too low for such overdressed, stylish little midgets, that now walk demurely into a room, and

soberly take their places on the floor, ready for a genteel dance. If we long to see a little girl, we must go far back into the country—so far back that their mothers, not themselves contaminated by fashionable society, dress them neatly of course, but with the simplicity that so beautifully adorns childhood. Then, they are not indulged in parties, late hours, and amusements such as are depriving our city children of the pure, sweet life of young girlhood. The young daughters particularly, who are indulged in overdressing, public amusements, and late hours, in visiting or receiving much company, are losing half the advantages our schools are offering them. Their vanity catered to by dresses too costly and elaborate to be put on little girls, intoxicated by the excitement and glare of fashionable amusements and gay society, and seeing that their mothers' chief thoughts are given to such things, they will soon lose all relish for books or study, or for real, childish play, such as is needed to make them strong and healthy.

If mothers will not heed these tokens, they are cheating their daughters of solid happiness, and burdening their own souls with a sin which they may not realize till old age reveals the full extent of the mischief caused by their negligence.

CONTROLLING INFANTS.

Young, conscientious mothers anxiously inquire, "How can these little ones be taught obedience? How can an infant be so controlled that it will soon (so we are often told) obey our signs, before it can understand our words?" Filled with earnest desire to train their children *perfectly*, they seek advice every-where—from friends, from books and observation—but are not satisfied with any thing.

These inquiries are brought us constantly, but we never have felt competent to answer them. We know of no uninspired book that we could willingly take for our own guide under similar circumstances—none but the parents themselves, and particularly the *mother*, who has the best opportunities of knowing her children's peculiarities,—

and even a mother must be governed by the distinct traits which each individual child develops. They can not form rules that will be suitable for all their children, if blessed with a goodly number. There is usually as great diversity of character among the members of one household as in the different families which compose a town or village.

Even in the case of twins, although the sex may be the same—and outwardly they seem so perfectly alike that even the mother finds difficulty in distinguishing one from the other—a very few weeks develop traits utterly dissimilar. One may be merry, mischievous, and hard to manage; and the other quiet, gentle and timid; one passionate, selfish and unruly, and in every dispositional trait troublesome and disagreeable, but the other so unselfish, so sweet-tempered and winning, that the mother is alarmed, and sees in every smile sure token of early death.

No; we are confident that books are of little service in the every-day practical management of children. The mother's watchful eye—the mother's heart, if she realizes how precious is the gift committed to her care—is the safest guide; and seeking the right way, with daily prayer she will not go far astray.

FANCIED INSULTS.

In close proximity to that disagreeable habit of "grumbling" over the small and transient discomforts which all must experience in some degree, stands another trouble that is made a fruitful source of complaint, and of which we hear much more than is warranted, when carefully examined. We refer to the growing habit of seeing, or rather imagining, insults or rudeness in every look, word or movement of those with whom these over-sensitive people are occasionally brought in contact.

Young ladies not quite out of their teens, who in olden times were called young girls, are particularly in danger of allowing their flighty imaginations to run away with them. They often,

under the foolishly mistaken idea that it will add to their importance, search for something on which they can construct an adventure—however undesirable—until they see, or think they see, with optics sharp, those things that wiser persons never suspect or see the least foundation for.

Now, mothers must be held accountable, in a large measure, for most of the mistakes of this kind into which their daughters fall. When their girls come to them with startling reports of fancied wrong, or insolence to which they imagine they have been subjected in crossing a ferry, or in cars or omnibus, it is very unwise for mothers to accept the statement without a careful and rigid examination, and cross-examination, until a plain, quiet, unvarnished recital of all the reasons which led the daughter to suppose an insult was intended is secured.

We do not believe that in one case in a hundred a good, sensible mother will see the slightest foundation for her daughter's wild fancies. Having thoroughly sifted the story until convinced that it is all a delusion, if she will kindly but firmly explain the great necessity there is for every girl—every body indeed, old or young—to keep strict guard over the imagination, knowing it is always a safe and pleasant servant, but a treacherous and dangerous master, it will never, except in extreme cases, be a difficult task to subdue this tendency to exaggeration before it becomes established and unmanageable.

It is not always the young girls or boys (for exaggeration and imagination are quick-growing plants, easily cultivated in both sexes) that see slights, rudeness and insults through magnifying glasses. This habit is found clear down to old age; but we think when it is carried into mature age it will be found that sensible, judicious mothers were wanting in their childhood.

Though ready to start into vigorous growth with children of both sexes, yet its repression is, if possible, more important in our girls—for it is almost disreputable for a woman to suppose herself insulted. Sober people are inclined to feel that there must have been some little imprudence, perhaps unconsciously, on the lady's part, which encouraged the bold step on the part of the insulter. If a lady is quiet, modest, and not inclined to make herself conspicuous

in public conveyance or elsewhere, by loud talking and laughing, we do not think she need fear any rude familiarity at all approaching an insult. She might travel alone with safety from one end of the continent to the other, as free from molestation or annoyance as if in her father's house. But we have often noticed with pain the boisterous, unladylike manner which young girls, or young ladies as we suppose they term themselves, indulge in when traveling or going from one part of the city to the other. If they take occasion to entertain each other with jests and recitals quite too near to coarseness in public places, is it strange that persons of the baser sort should feel that they were safe in taking liberties of speech or look that they would not dream of were their deportment quiet and ladylike?

An elderly lady of our acquaintance has been called to pass from one part of our cities to the other very often, and in all kinds of conveyances has often traveled over various parts of our country entirely alone, but never but once ever felt, for a moment, that she was insulted. On this occasion, when in haste to catch a boat just ready to start, the man at the chain called out, as she thought, roughly, "Hurry up, old woman!" The look of scorn and indignation she cast upon him as she stepped aboard should have quite demolished him!

"Old woman" indeed! She had never before heard that term used, or thought of it, as having any possible connection with her. In a most stately manner she walked through the cabin, and stood outside to cool off and try to quiet the indignation she felt continually surging up at such an—*insult!* She did not stop to count the years that had passed since her youth was an unquestioned fact. But the offensive term rang in her ears all the way from the boat to her home as something uncalled for and rudely insulting. This seems very foolish and childishly weak; but she then thought she "did well to be angry." When, however, she reached her own room, and stood before the mirror, she awoke to the fact that the simple-hearted boatman was perfectly correct, and she was—a supremely foolish "old woman."

Now, we believe that half the complaints of insults of which we hear so much, both in general conversation and reported in the

newspapers, if looked at soberly, would have just about as much reality as was found in this first and last insult. Let mothers warn their daughters against courting rudeness by bold, noisy and unladylike behavior, both at home and abroad, but most particularly when going to school, shopping, riding, or going to places of public amusement. Thus watched over by mothers, if they have secured their daughters' love and reverence, they will escape all molestation. Unless a man is insane really, or, worse, intoxicated, we do not believe a lady will be molested by look, word or act. But a woman who forgets that modesty and delicacy of deportment are her true safeguard, *challenges* over-familiarity, rudeness and insults.

"IF I SHOULD DIE TO-NIGHT."

"If I should die to-night,
My friends would look upon my quiet face
Before they laid it in its resting-place,
And deem that death had left it almost fair;
And, laying snow-white flowers against my hair,
Would smooth it down with tearful tenderness,
And fold my hands with lingering caress."

It has been said that "the evil which men do live after them; the good is oft interred with their bones." We do not believe that this is generally true. It may be, in some desperate cases; but in most it will be found to be just the reverse. Some one dies who, during mature life, was regarded as hard, grasping, and invariably uncharitable, "grinding the faces of the poor;" yet, standing by his coffin or speaking of his death, the very persons who most openly recognized his unlovely traits and unhesitatingly criticized them severely when living, are quick to recall many excellent acts that have hitherto passed unheeded.

"Yes," they say, "no doubt he loved money, and knew well how to make and keep it, but we know he was the kindest person in his family, the most thoughtful of the interest and comfort of

those in his employ. It was always supposed that he never gave liberally; probably he did not. But no doubt he was harassed by constant applications for aid, until he refused every one without examination. Who can wonder? And yet, in a quiet, unostentatious way, concealing from his left hand the good his right hand may have done, there is reason to believe that he was a benefactor to many who will yet rise up and call him blessed."

Death often kindly throws a veil over imperfections or wrong-doing, and in that solemn hour friends look upon the quiet face, and deem he has "left it almost fair."

"My friends would call to mind with tender thought
Some kindly deed the icy hand had wrought,
Some gentle word the frozen lips had said,
Errands on which the willing feet had sped.
The memory of my selfishness and pride,
My hasty words, would all be put aside,
And so I might be loved and mourned to-night."

Looking thus upon the face of the dead, friends and neighbors who were quick to take offense—in haste to put false constructions on every careless act—may now in all honesty be led to examine their own hearts, and in the examination perhaps feel that they were in some degree responsible for much of the wrong-doing of one so soon to be hidden from their sight.

How many acts of the departed that annoyed and provoked them, have these friends met with impatience and rudeness! How sternly have they rebuked even trivial offenses, and angrily silenced every attempt at an apology! As they stand over that still form they are compelled to ask: "Had I been kind and gentle, had I listened patiently to the apology, accepting it as far as could be done honestly, and afterward used what influence I may have had to point out the wrong, or show how to avoid it in future, what a change in all the mature years, now closed, might have been effected! Had I been more noble, more Christ-like, how many of the mistakes of my friend's last years might never have occurred! Ah! more kindness, more open manifestations of my real affection for him might have changed his whole life; but now—too late!"

Yes, too late to remedy the wrong done those who have passed

away, but not too late for parents, brothers, sisters, and friends to be warned, and to profit by such self-upbraidings in those last moments.

Many high-spirited children are ruined by the impatience of those who were set to guide and guard them, or by sharp rebukes or stinging ridicule, when standing just at that critical moment where patience and gentle affection could have piloted them safely past the breakers, and guided them into still waters. How many who should have been noble men and women, for lack of skillful guidance in early life, if they reach the "farther shore" in safety, are "saved so as by fire?"

Parents and friends are often neglectful of the many little things by which they could soften and refine the characters, or make happy and useful the lives of those who grow up under their guidance and influence. But it is only while they are with us that influence or affection has any effect. It may do *us* good to rouse up to a kindly and charitable interpretation of our friends when we stand by their coffins, but our love and grief or late repentance can no longer benefit them. Oh! leave not all the manifestations of affection and just appreciation of their good qualities to that hour, when for them it will be all a vain show! We do not know—we can not imagine without the most careful and earnest watchfulness—how many hearts silently ache for some tangible evidence of love and interest, or how in secret troubles and trials, in seasons of great bitterness of spirit, such demonstrations would give strength and courage to persevere, and bring comfort and joy unspeakable.

"Oh, friends! I pray to-night,
Keep not your kisses for my dead, cold brow;
The way is lonely—let me feel them now.
Think gently of me; I am travel-worn.
* * * * * * *
My faltering feet are pierced by many a thorn;
When dreamless rest is mine I shall not need
The tenderness for which I long to-night."

KIND WORDS.

Acts of kindness, words of love or approbation, if honest and true, are the cheapest comforts in the world. They cost the giver nothing, but their value to the recipient can not be estimated, and nowhere is their influence so magical as when they fall upon those who are overburdened with hard labor and many cares. They come to the weary like refreshing slumber; they cover the unfinished labors of the day, that a moment before seemed insupportable burdens or cruel tasks, with verdure and blossoms. A gentle word, a slight touch passing caressingly over the bowed head, or lingering a moment on the weary hand, what power it has! How the crooked places become straight; the burdens light as empty air; the severe tasks pleasant labors, and the step so weary and faltering regains vigor and elasticity—for love has lightened labor.

An old song gives a picture, true to nature, of the power of kindness on those engaged in the most common labor of life. The farmer's wife rose one morning, and before her came trooping thoughts of all the work to be done that day. Not taking each duty separately, as it must approach her in natural order, she made the mistake so common to overworked, anxious Marthas, "careful and troubled about much serving," of looking at it all at once. The huge pile of clothes to be washed, the dozen or more mouths to be fed, the children to "be fixed off to school," the milk to be skimmed, the cream to be churned—and all this "to be done in a day."

> "And the day was hot, and her aching head
> Throbbed wearily as she said,
> 'If maidens but knew what good wives know,
> They would be in no haste to wed.'"

While thus looking at life and its duties through the dark clouds of discontent and fatigue, the husband, passing near her, stopped, and stooping down, smiling, kissed her cheek, saying:

> "'Jennie! you are the best and dearest wife in town.'"

A simple act; but mark its power:

"The farmer passed on to the field; and the wife,
In a smiling, absent way,
Sang snatches of tender little songs
She'd not sung for many a day.
And the pain in her head was gone, and the clothes
Were white as the foam of the sea;
Her bread was light, and her butter was sweet,
And as golden as it could be!"

When the children came home from school they told how one of their schoolmates, whose parents' unkindness made his home most wretched, had "run off to sea."

"'He wouldn't, we know, if he only had had
As happy a home as we.'"
"And the good wife smiled
To herself, as she softly said,
'Tis so sweet to labor for those who love,
No wonder that maidens will wed.'"

Now, these homely verses teach a lesson which, if fully comprehended, would ward off much misery, and bring light on many homes over which heavy clouds are settling. Homes founded under the most favorable circumstances are often gradually filled with discontent and repining, especially when daily bread must be earned by the sweat of the brow, and chiefly because the heads of those homes do not understand that love is the lever by which the heavy burdens are to be lifted, and the expression of it the fulcrum by which it is sustained and enabled to carry the hardest loads easily; and as the lever loses half its power without this prop, so if we are carrying heavy burdens by exhaustive efforts, they can be made light and easy by the aid of "little deeds of kindness, little words of love." A *dumb* love is not easily interpreted, or of sufficient value to make labor a pleasure; but when it expresses itself by words and acts, it polishes the rusty spots, brightens the dark places, lubricates every part of life's machinery, making it run smoothly. These simple tokens sweeten the sour-tempered, cheer the desponding, enliven the irritable, and unite husbands and wives, parents and children, brothers and sisters, in bonds that no burdens, no trials, no discomforts will have power to sunder.

This same doctrine holds good in mental as well as in physical

troubles and burdens. When heavy affliction befalls us, and the heart is well-nigh broken; when the darkness settles like a pall over us, who can do us any good? No kindness or gentleness can bring back our dead; no tenderness can take away the many sharp trials that must come sooner or later to all. But loving deeds, a few tender words, not obtrusive or ostentatious, although at first weak and apparently of no avail, have a hidden, a healing power directed and inspired by the Author of love himself.

If parents will teach this doctrine both by precept and example to their children, they will surely lay the foundation of peace and happiness for their household. The high and the low, the rich and the poor, alike need to ponder over this lesson. Riches by no means insure happiness, nor can they make peaceful homes; neither can the rigors of poverty destroy all the blessedness of homes, if, at the beginning, love laid the foundation thereof.

HOTEL LIFE.

Every hotel in our country can be made a pleasant, comfortable resting-place for the weary traveler for a few hours, or an enjoyable, home-like abode when business demands a sojourn of weeks or months; but instead of this, except perhaps in what are called "first-class hotels," how often one enters them with an instinctive protest, and with ill-concealed reluctance. No good reason can be produced by the proprietors why all this discomfort should not be remedied. Even in new settlements, however rough the building or simple the fare, cleanliness at least can be secured, if those who manage the establishment so will it. Wherever soap and water are found, or can be obtained, a dirty house, half-washed, damp and poorly ironed table-linen, or sticky, damp bed-linen are always inexcusable. Wherever there is custom sufficient to warrant a hotel, there must be water enough to secure a comfortable state of cleanliness. From necessity the table-linen may, in many places, be coarse, but that does not prevent its being white, clean, well ironed

and perfectly aired, before it is put on the table. Few things cause one to turn from the table with such loathing, even before any food is put on it, as to lay the hand on a spotted napkin, yellow, as if dipped in saffron water, and so damp as to make the flesh creep. For this there is no excuse so long as there is water to cleanse, God's bright sun and pure fresh air and wind to sweeten, bleach and purify all the linen needed in a hotel. Travelers, who pay high prices without grumbling, have just ground for complaint when compelled to eat at tables, or sleep in beds where the laundress is not held strictly to her duty in these particulars.

Then in the matter of food—our landlords make a great mistake. Few people have so fair a chance to saintship as those in this class of business, if they will but take the proper steps to secure that honor. It can be obtained with so little extra expense or trouble if they will but understand what their customers have a right to demand, and be prompt and careful in meeting these reasonable requirements. Because one lives in the country, perhaps a new settlement, and while it is being developed and built must be denied access to many of these delicacies that are easily procured in the older cities, and compelled to exercise strict economy, can he not, by neat and careful cooking, compensate for the lack of luxuries, and make plain food quite as palatable and far more wholesome than the fancy dishes—with foreign names—which load the more fashionable hotels?

Suppose that the rush of passengers on the incoming trains, with only "twenty minutes for refreshments," taxes the agility, self-possession and promptness of the proprietors and attendants to the uttermost, a thorough system of arranging and bringing in the food will, after a few experiments, simplify and lighten the labor, bringing order out of confusion. Every housekeeper knows, or ought to, that it takes less time to make a good cup of coffee or broil a steak or chop to perfection than to spoil it through want of judgment and skill. How nicely cooked food at a railrord restaurant, or depot hotel, cheers and refreshes the jaded or half-sick traveler, and how the reverse disheartens and disappoints him, none can so well imagine as those who have had experience in both sides of this question.

How often have we seen a pale, delicate-looking traveler pass hastily to the table and call for a cup of hot tea or coffee, or hot chop, telling her friends, "I shall feel like a new being when I have taken some refreshment;" but when it is set before her and tasted, who can wonder that she turns from it with a piteous look of disappointment and discouragement?

Because there are but "twenty minutes for refreshments," or because circumstances compel plain and simple food, is it necessary that the coffee should be stale and muddy? If any fresh coffee is used, is it very much more economical to add it to coffee-grounds that have already done service to several different trains, thus spoiling what might have been a good cup of coffee for the sake of getting a little more strength or *color* out of the old dregs? If, perchance, a little is saved, is it honest? Was not the pay sufficiently liberal to compensate for a fresh cup? The simplest food, if cooked with care and neatly served, will be eaten with wonderful relish and grateful thanks by the weary traveler.

There are very many ways of making delicious soup out of fragments that would be worthless for any other purpose. Such soups are very economical, and nothing can be more easily prepared or made more agreeable and nourishing. A good bowl of hot soup, freed from fat and well seasoned, is the most grateful to a weary, delicate traveler of any kind of food; but the soup which is offered at most saloons and "eating-houses" is too often a composition that should be spoken of with "bated breath."

Of late years in a large proportion of the saloons and hotels, bread and biscuit are less objectionable than most of the food, though there are quite enough sad exceptions. But what benefactors, how honored and revered, our landlords have it in their power to become! And it is not a hard thing that they are asked to do. How simple are the efforts which long-suffering travelers or guests ask of them! To be sure, the sins of ignorance must be winked at; but Americans are such a restless people, flying from east to west, from north to south, like a mighty rushing wind, and this peculiarity is so steadily on the increase, that the demand for neat, comfortable hotels and properly prepared food is fast becoming an imperative necessity. In our grand western country, with

its wonderful productiveness, there is no possible reason why the food, however simple, should not be the best, and cooked and served in the neatest manner.

Look at the immense fields of barley, wheat, corn and potatoes, the poultry, the droves of sheep and the cattle—if not "on a thousand hills," on at least thousands of acres of these rich prairie lands—eggs, milk, butter; what is wanted to make this the epicure's paradise but the knowledge of how to use these good gifts?

We would recommend a few weeks' experience of the discomforts in traveling—which spring from ignorance and carelessness—to those who think we are, and have been, needlessly urgent for mothers to realize the vital importance of a perfect domestic education for their daughters, if they would insure them a happy and useful life. We believe the time is not far distant, but we wish we could hasten it, when the "Household Department" will rank as high in our female seminaries and colleges as "painting, drawing, music, and the languages," and that in all schools for girls, the teachers will be required to prepare them in the rudimentary parts of this department, as faithfully as in the first lessons of "reading, writing and arithmetic," and that to pass a successful examination in this branch of their education, will be as necessary for admittance to a higher grade, as in any other portion of their studies. So keenly do we feel the importance of this addition to the numerous branches thought indispensable to a young girl's finished education in this advanced age, that we would, to secure this point, be almost willing to go on a lecture tour ourself! Nothing could be a more conclusive indorsement of our earnestness on this subject than that.

But before this consummation, so devoutly longed for, can be effected, many of our teachers will find it necessary to go through a full course of practical study themselves to become competent to teach the first rudiments of household economy. Parents are at great expense to give their daughters a most elaborate education in the highest schools and colleges. They are proud of their growing attainments; and when, after long years of close study, they graduate with perhaps the highest honors, and it may be with impaired health from over-study, the fond parents feel that they have done all that they could for their daughters. If in affluent circum-

stances, they may never be roused to understand how little the children have acquired of practical, useful knowledge, or how utterly incapable they are of using what they have learned.

Not long since we were told of a young lady who, on graduating, took the first honors as a brilliant scientific and chemical scholar. She was preparing to teach, or intending in some way to turn her education to pecuniary profit. She was supposed to be thorough in chemistry; but when required to give a practical demonstration of this knowledge, to put it to the test in common every-day affairs, she was as helpless as a child. She had at her tongue's end the rules. The nomenclature of chemisty was perfectly familiar; but why *such* terms were used, what they really signified, was to her an unknown tongue. Unhappily this superficial education is very common. What is now needed is to be sure that our primary teachers are competent to instruct our little girls in a practical manner in the first true principles of domestic economy, and that mothers coöperate in this part of their daughters' education, keeping a sharp watch that the teacher is in earnest in her instruction. If this important part is once made to go hand in hand with what is called the "higher branches," young ladies' schools and colleges of the best type will be multiplied, and our daughters educated near home, where the mother can watch over the health and practical improvement of her girls. Every thing marches on rapidly in our country, and if this union of practical and literary education is set in operation, it will spread all over the land. Once secure such serviceable knowledge for our girls, and it will never die out. Then the housekeepers and mothers furnished by the rising generation will understand how abundant provision and choice material may be wisely used, not wasted through lack of knowledge and skill to prepare them in the most agreeable and healthful manner; and through them we may hope for that good time coming, when our hotels, even the simplest, will be oases of delightful rest for the weary, with tables neatly furnished and amply supplied with tempting food to make glad the heart of the wanderer. But even the present accommodations are a vast improvement upon our experience of forty years ago.

SUPERNATURAL WARNINGS.

In social gatherings some of the guests are often inclined to amuse and entertain the company by recounting some of the wonderful "signs" or "omens" which the ignorant and superstitious of the olden times regarded as sent from above to guide them in the right way—or warn them of impending danger. Indeed, it is not alone those who can be classed with the ignorantly superstitious, who are influenced by these tokens, even if in their hearts they are not aware of an undefined faith in them. Yet one will notice, if in a large company, accidentally thrown together, these relics of bygone days are discussed without premeditation, scarcely two out of ten give the same interpretation. One speaks of an ancient superstition handed down from his ancestors as a "bad sign"; but another will instantly reply,

"Oh, no! I was always told that was a 'good sign.'"

It is seldom that a housekeeper can persuade a servant, particularly if she is Irish, to begin her work in a new place on a Friday, no matter how urgent the case may be; but they are perfectly willing to come Saturday. Sailors, however, think Friday the best time to start on a voyage; yet are not quite satisfied if they leave the shore Saturday. They are sure it will be an unlucky voyage.

A few days since we heard three little girls talking in the cars. One took off her glove, and her companion exclaimed, as she took up her hand:

"Oh, Minnie! Look at the white specks on your nails. They are covered with them. What a naughty girl you must be!" said she, laughing merrily.

"Why? My mother says those specks are a sign I have bruised the nail a little. Is there any thing naughty in that?"

"My grandmother says," replied the first, "when she sees them on my nails, that they never come unless I have told a lie; and do you know I think she really believes I have? But I know there isn't a word of truth in it."

"Well," said the third, "I guess these 'signs' are all nonsense.

I am often told by others, if a white speck comes on my nails it's 'a sign of good luck.' But mamma always tells me to be a good girl and pay no attention to these silly 'signs.'"

We knew a young lady whose engagement ring broke on her finger while she lay dangerously ill. Among many to this day that is a sure sign of speedy death. If the young lady's mother had not taught her more sensible lessons, and at the moment of this occurrence enforced them by her own cheerful remarks as she picked up the fragments, the little accident, coming when the young girl was ill, might have had serious effects. But she is an old lady now, and has taught her children to give no heed to the many superstitions that even now are repeated to children without their parents' knowledge by servants, and many others who should have more sense.

We have watched with the sick who would become almost wild if a dog howled near their window, or an owl was heard at night near the house.

We were once most solemnly urged by a nice old lady to swallow the first tooth which one of our children lost, because if we did not the child would never have any new growth of teeth! Was there ever any thing more absurd? And yet it is not many years since this advice was given, and by one who, in every other respect, was wise and sensible. We have heard this often repeated by nurse-girls from the old country.

One of our children having the whooping-cough, a German woman insisted that the child should be held by the feet face downward, and cough in each corner of the room, beginning at the north and ending at the east corner, and then there would be no danger of the child's dying!

"When a mouse gnaws a dress, some misfortune will follow." Of course. The dress—and that is misfortune enough—is injured, and must be mended.

"Before moving into a new house, bread and a new broom must be sent in the first thing, or the owners will be unlucky!"

There is no end to these absurdities, and we only notice them to put parents, mothers particularly, on their guard, so that if such "signs" are told their children, they may make haste to counteract any wrong impression which a young child may receive, by

showing the absurdity of it. It is much more common than is generally known, for mothers to repeat such foolish things without giving the antidote, if, indeed, they have not themselves brought down from their grandmothers' stories, some small superstitions, which so far influence their own minds that they are not quite ready to prevent them from taking root in their children's. But it is from the nurses, to whose care our young children are too often committed, that the most permanent mischief comes. Most of that class have firm faith in many of these "signs," and are not slow in indoctrinating the little ones in their charge into the same belief; and for that reason chiefly we call attention to the evil.

Many of these superstitions may do our children no harm, only so far as it is a mistake to allow a young child's mind to be filled with such trash; but a large proportion of the lessons taught by illiterate and imaginative nurses, take root and have an injurious influence, of which the mother has no idea. The timidity which many little ones manifest, and which often is a torment to them through life, could be traced back to the wild ghost-stories of their nurses, which are usually authenticated by some "omen." "We knew," they tell the children, "this terrible thing would happen, because we saw or heard certain things that betoken just such troubles or accidents," and this "sign" is remembered by the child thereafter.

Almost every child who is afraid in the dark has been made so from very early years by some "sign" born from darkness, or fearful story of which that "sign" was the forerunner. When a mother finds her child is afraid in the dark, she may be sure that something has been told the child that has created this fear, or that she herself has been injudicious in talking to the little folks. The sooner she counteracts this influence and overcomes the fear, the better for the child. No one but those who have suffered from such fears can imagine all the horrors that a timid child sees in the dark. Judicious, gentle, loving parents are the best physicians for such diseases; and to keep them close by the mother's side, or, if a nurse is absolutely necessary, to keep close watch of her mode of talking to the children, is the best preventive.

NOW AND THEN.

In alluding to some of the discomforts which travelers are subjected to, we by no means lost sight of the great changes in our hotels that have been in progress the last thirty or forty years. We had in mind not the palatial hotels found in many of our large cities, which afford the most luxurious homes or resting places for many, but those that are now scattered all over the country in the line of railroad travel. Of course there are many honorable exceptions even in some of the smallest of these, and very marked improvement in some of the most objectionable, compared to some experiences which we can recall; and in all, as a rule, the comfort or discomfort of a hotel depends more on the landlady than any one else.

In many of the towns that have sprung up like magic in our new Western States, the landladies have come from New England, New York or Pennsylvania, and were trained to do or see that their work was neatly and carefully done. Such housekeepers bring to these new States their old habits of economy and thorough neatness, which are invaluable. A few days since we were told by a landlady in one of the new towns in Nebraska:

"I am very strict in demanding that all food shall be as carefully prepared, and as nicely served to our guests as for our own private table. Then, to be secured from the danger of vermin which this constant change of guests may bring upon us, I, myself, go with my chambermaids, after each room is vacated, and see that the mattress and bedstead are examined and thoroughly cleansed and aired, before another occupant arrives. I not only give the order for this work, but stand by to help or see that it is well and faithfully executed. We can not have the best of every thing out here just now, but we have no excuse if we do not keep clean. I do not believe a bug can be found in my house."

We shall ever remember our clean room at this hotel, and think of the landlady with grateful respect; fully agreeing with her that no house can be so common or poor, even in our youngest settlements, that it may not be kept sweet and clean and free from vermin, if

the mistress's eyes are over all the work. The landlady, much more than the landlord, decides the character of a hotel, as far as the comfort to be looked for in it is concerned.

In our present journey through the prairies of Minnesota, Iowa and Nebraska, up through the strangely weird desolations of the buttes or bluffs, along some of the highest points of the Rocky Mountains, through which the enterprising proprietors of the Union Pacific Railroad have forced a way, we could not refrain from noticing the great improvement in the hotels along our route, as compared with some we remember thirty-five or forty years ago. To be sure, in a great measure the difference can be accounted for from the fact that in those days the "stage" was the only public conveyance, except on the rivers, and that was not of daily occurrence. The newly opened parts of the country were usually crossed by emigrant wagons or private vehicles, and as these came on no fixed days the "taverns," or places of "entertainment for man and beast," were "few and far between." Knowing that calls to feed and lodge travelers were not frequent, the pioneer settlers, who were living in the roughest manner, could not keep large supplies on hand; and if they could, were not very skillful in preparing it in the choicest manner. Far removed from any refining influences, the women, hard workers with very limited ideas of what would be comfortable or attractive to travelers from the older States, could hardly be expected to furnish very attractive food or the most comfortable accommodations—but they could have been neat. Then Minnesota, Kansas, Iowa, Nevada, Nebraska and Colorado were unknown regions, where the Indian, bison and elk roamed undisputed masters.

We remember, with a sense of discomfort even now, a journey nearly forty years ago across some of the Illinois prairies, then very sparsely inhabited by the white man. In feeble health, with two small children—one a nursing baby—we passed over many miles of prairie land, in a private carriage, with not a few laughable experiences. At first the long sweep of level country was a pleasant and novel sight; the broad stripes of wild flowers reaching as far as the eye could distinguish, each color as separate and distinct, red, white, purple or gold, as if the land was one enormous

patch-work bed-spread, such as our grandmothers delighted to put together. Now and then this scene, which soon grew monotonous, was relieved by a herd of wild deer bounding off on either side as we came near, or by being forced to fight the horse-flies and mosquitoes that at times came upon us like the plagues of Egypt, and made our poor horses well-nigh frantic. No well-defined road lay before us, but we were guided by the sun across the unbroken flat, while here and there a "*slew-hole*," or mud-basin, marked by rails scattered about or sticking out of the mud, warned us to turn away from a spot where some unfortunate traveler's team had been "stalled" and he compelled to rob the fences, to pry his wagon and horses from the deep mud-pit into which he had unwarily sunk. We tried that experiment a few times, and while the head of the house borrowed the rails to lift the wheels, we, with the baby in one hand, held the horses at the head with the other, to encourage and guide them when the wheels began to move, making laughable jumps from one bit of peat to the next, to save both mother and child from being drawn under the horses' feet in their brave efforts to get out.

After riding eighteen, twenty, or sometimes twenty-five miles with such experiences, not seeing a house or human being, one can imagine with what delight we hailed the first glimpses of "*timber*," a sure sign that we were approaching a river, where would doubtless be found a village—that is, a tavern, town hall, meeting-house, and, perhaps, a school-house, with three or four small houses. For a wonder, one evening, coming to the *timber*, we found two places for the "entertainment of man and beast;" one, a small log-house, and across the way a large two-story new house! How could we resist the temptation to stop at this imposing building instead of the inferior affair opposite? But, "mistaken souls, who dream of bliss!" the landlord, with four untidy daughters, was at the door, and ushered us into large, barn-like looking rooms, unfinished, and altogether disgusting in the whole general appearance. There was a large hole under the mantel where a fire-place was to be made—some time; but the daughters did their cooking outdoors right under this opening. Several pans of milk were on

the mantel, and were thoroughly covered with the ashes from the fire underneath.

After the horses were well attended to and strict orders given about feeding them, we were called to supper. No pen can describe that table. The table-cloth!—words fail. Biscuits of the color of putty, and as heavy; some fried ham, boiled eggs and a cup of tea. Pouring some milk, well colored with ashes, into the hot tea, it rose in a thick curd and was set aside.

"Don't be notional; make the best of it; try a boiled egg," said our philosophical better half. We obeyed; but, breaking it, found more chicken than egg inside of the shell.

"Well, never mind; don't stop to think of it; do as I do; eat some of this ham; it is quite good; see," and, drawing his knife bravely across it, found he had carved a huge cockroach that was under the ham.

It is a pity that the very peculiar expression on the good man's face couldn't have been preserved, when, hastily rising from that table, he quietly remarked, "I'll go and see how the horses are faring, and you had better get the children off to bed." But he soon returned with the cheering information that a stupid boy had fed Charley with green corn, and the poor beast was very sick, adding, "And there will be no stage by here to take us on, if Charley dies, for two days."

After working over the suffering animal till midnight, he was pronounced better, and a little sleep was now to be arranged for. Sleep! The tossing, moaning children needed all our care—one very ill from eating of the putty biscuits, and the baby to be protected from the bugs. But the father was going "to bed and to sleep anyhow. *We were not*, most decidedly. In an hour or two the disturbed slumbers of this most resolute man were so marked that we stepped with a lighted candle to his side. It is no exaggeration to say that there were long lines of black pilgrims passing up and down his pillow and across his hands and arms, and with a hastily uttered "The Philistines be upon you! wake up!" he roused, and instantly "taking in the situation," sprung from the bed, saying, "Wake and dress the children. If Charley has but three legs to stand on, we will leave this place immediately."

We were soon on our way by moonlight over the pathless prairies, and by sunrise had made eighteen miles, and came to the next settlement. A one-story, unpainted log-house was pointed out as the "tavern," and faint with fatigue, lack of food and sleep, with many fears, we stopped. A neat, motherly German woman came to the door and took the baby from us, and her husband, equally nice-looking, took charge of the horses. Shall we ever forget the luxury of rest—the comfort found in that simple dwelling? And was ever breakfast so delicious? Every thing which that dear old lady set before us—so sweet, so clean and well cooked!

We have forgotten time and space in recalling this incident; but our object was to prove that no matter how far removed from older settlements, how simple or how poorly provided those may be who pretend to cater for the comfort or accommodation of travelers, there are none too humble to be able to keep clean or prepare the coarsest food in an acceptable manner. There could scarcely be more primitive or less seemingly inviting accommodation than this poor German man and woman had to offer, but their cheery good-nature and simple neatness made that rest and breakfast a bright spot to look back to after nearly forty years, while that imposing two-story building is never remembered but with a shudder.

There is one other important point that we wished to bring into notice, but fear we have lingered too long over the days of our youth. While one need not fear in these days falling into such a trap as our Okaw two-story tavern, and while we recognize with thankfulness the great improvements of the present time, we are compelled to say that the "outbuildings," "saloons," or "water-closets"—by whatever name they are called—are, in almost all but the palace hotels, nuisances that should come under the closest supervision of the health officers, if there are no higher powers to take cognizance of their vile condition. It is a mercy if sufficient care is taken of them to prevent the whole house from being tainted. These places are enough to send the cholera—or some other fearful epidemic—all over the towns where they are. And there is no possible excuse for permitting this evil to exist, no matter if the building be six stories high or only a one-story log-house. In large hotels there should be a most thorough system of sewerage

and ventilation, and the basins be well washed every day with strong boiling hot suds or lye, and carbolic powder, or other disinfectants, used plentifully. If the sewerage is properly constructed, these closets can be perfectly drained and the contents pass by large tiles under ground, and be carried off beyond all chance of offense.

In smaller houses fine earth should be thrown down or shoveled into the large box underneath, through the day and at night. This box, which should be zinc-lined, with two large hooks on the back to which ropes or chains may be attached, can be dragged away by horses and dumped into the compost, heap or manure-pits. If earth is plentifully used through the day, all offensive odors will be destroyed. The box, before being replaced, should be well sprinkled with lime or carbolic powder. One half hour's labor of this sort will do the work.

In this manner, where no more elaborate arrangements can be made, any house may be kept free from the great annoyance which makes these accommodations the terror of any respectable class of travelers. The box and earth arrangement is on the general principle of the excellent "Wakefield earth closets." Where these closets can be procured they are the cleanest and least troublesome of the many patents that we have ever heard of. They are not expensive, and if the proprietors of small hotels would place them in their houses they could very cheaply rank with public benefactors.

"DO UNTO OTHERS AS YOU WOULD THEY SHOULD DO UNTO YOU."

If this injunction were more strictly regarded in all the relations of life, the world would, every-where, grow brighter, and many hearts now sad and repining would send up to heaven songs of gratitude and joy. But unhappily, even where love most abounds, innate selfishness is so hidden in the human heart that those who are under its influence and dominion are unconscious, or blinded to

the ungracious effect it has on their own characters and on that of those belonging to them, as well as on their daily actions.

We desire to call attention to its effects upon the habits and manners of people when out from under the restraints of home and friends. We have ventured to speak somewhat at length of the infelicities and discomforts experienced in hotels, and therefore it is but just that we examine both sides of the question. By so doing, it may be found that the fault is not altogether on one side. It is possible that landlords may wake up to the knowledge that they have some rights to be respected as well as their guests, and learn to feel that they are subject to some little needless vexations from the carelessness, selfishness, and unscrupulous conduct of their patrons, especially from their transient customers.

The causes that heretofore have led to the discomfort and vexation of travelers, by lack of cleanliness in the house, and ignorance in preparing the table comforts, so important for those that are weary, have greatly diminished of late years, as machinery and skill have simplified the labor once necessary to the performance of many of those duties. With this improvement in neatness and attention on the part of the caterers for public comfort, are there any indications that the change has been reciprocal? Now, we can not understand why persons who are exceedingly careful and neat at home should not be so when they stop, perhaps only for a night, at a public house. If one is not neat and methodical for the love of it—because he can not be quite comfortable without it—his neatness is not much more than a mushroom growth, and practiced simply for the credit it may give in other people's estimation. Yet how little of it is seen in those who, on a journey, must depend upon hotels for comfort! They complain bitterly of the lack of cleanliness in others, or in those paid to wait on them, and who endeavor to be always ready to gratify their whims. These public servitors give of their best efforts according to their knowledge. If they find their guests careless and reckless in their manners while with them, untidy in their rooms, troublesome at the table by their assumption of independence and selfishness, why should they (the landlords) suppose that order and neatness are of any consequence?

Is it doing unto others as we would that they should do unto us,

to throw dusty, perhaps wet, shawls, overcoats, and carpet-bags on the bed, instead of putting them in suitable places, as one would do at home? A carpet-bag that has been put on the floor of dirty cars is not a suitable thing to put on a clean white bed-spread. At home such an act would not be tolerated any more than to lie down on the outside of the bed with the boots on. And yet there seems no natural neatness which withholds travelers from doing all these untidy things in the rooms they occupy in a hotel.

Then, at a public table, how many call for half or all the items on the bill of fare, well knowing they can barely taste of each—it may not be even that—but their plates will be loaded with every variety, and sent away piled up with food that they could not want, but which is ruined by being mixed with a dozen other things.

There are many unkind remarks made of the composition or ingredients put in the hashes, stews, soups, etc., at hotels and boarding-houses. Is it strange that the landladies are unwilling to throw away such quantities of almost untasted food, as are found mingled together on the plates when removed from the table? If the next morning's hash or stew has some curious flavors mingled together, the guests have themselves to blame for it, and have no just grounds for complaint.

Then, again, the habit of fault-finding in the hearing of the waiters, making rude remarks in their presence about the landlord, house or table is, to say the least, not in good taste any more than the habit of ringing the bell and calling the waiter every five minutes for the most trivial things. Many seem to study to find occasions to bring the weary attendants to their rooms, and that certainly is not doing as they would that others should do unto them. One seldom occupies a hotel-room without seeing marks all about the room, left by some thoughtless, selfish guests, which they never would have been guilty of at home. Ink on the table or carpet, or, it may be, on the curtains or towels; or tables, chairs, and bureaus chipped with a restless whittler's penknife, or marked and defaced with a pencil. When we go to a hotel it may be wise to bear in mind that much which annoys one in the way of stained table-linen, spotted curtains or towels or badly soiled carpets, may not, after all, be so much the fault of the landlord as of his guests.

We have but hinted at a very few of the thoughtless acts of travelers which indicate that the command to do unto others as we would that they should do unto us is too often forgotten, or not felt to be binding, in our relations with those of our fellow-beings who devote themselves to the thankless office of providing food and shelter for the traveler. It would increase the comfort and happiness of all who must depend on these public resting-places often, to take with them a little of the neatness and order, the attention to the interest and comfort of others, which, it is to be hoped, they practice in their own homes.

THE LOTTERY OF LIFE.

"Think not, the maiden gained, that all is done:
The prize of happiness must yet be won."

If young people more truly interpreted the obligations and responsibilities of marriage, they would not so thoughtlessly assume its relations. If parents, or less indulgent friends, could induce them to think with less excitement and more soberly of the duties as well as the pleasures of married life, how much more of unfading brightness would glorify this fair earth! how much more of the true home—its rest, its joys, its unselfish love—would bless and abide in it! But with little thought and less realization of its true meaning, hundreds rush into marriage as if only preparing for a picnic or a pleasure excursion. They are so sure they love one another; and seeing life only in rosy tints, they laugh at any prudential caution, and repel any earnest effort to teach them to understand the mutual responsibilities that the contemplated union will bind upon them.

The lover sees only perfection, sweetness and beauty in the maiden who he imagines has every qualification to make his home a little heaven; and in her estimation his love is to be her tower of strength—a safe refuge from every storm; and, thus surrounded and guarded by his tender care, she fears no evil, shrinks from no hardship. In

his present ecstatic state he can not imagine that her estimate of what his devotion is always to be, can possibly be overdrawn.

Now, what do they really know of each other? During courtship and engagement, with perhaps no intention to deceive or wear a holiday face, all the best points of their characters are in the ascendancy. Ah! if lovers would bring a little common sense to their aid! They are aware that it is folly to expect perfection; certainly they must know that in their own individual selves they have not such desirable qualities to offer. They know that the best and noblest have faults; that friends of every degree have some traits or peculiarities that call for kindness and charitable construction; and in the new life they contemplate, above all others, they should understand how necessary it must be to bear one another's burdens, neither expecting nor desiring that the forbearance should be all on one side.

In the halcyon days of love, before marriage, how important for the young to keep in mind that they are "not embarking on the smooth surface of a summer sea," but are to take life together as it comes to all—with its sunshine and its shadow—heartily enjoying the summer, but brave to meet the frosts and storms of winter! In every vicissitude, if they love and honor all the good each finds in the other, and bear with loving patience such mistakes as may arise, conscious that they are about equal on both sides, what a change would be at once seen in the fearful records that are served up to the community in our daily papers!

Both men and women are of the earth, earthy, subject to such infirmities as are born of earth; but we honestly believe a husband has more influence in shaping the character and life of a true, loving woman than she can possibly have over his. Woman has more to suffer, more of those cares and perplexities which naturally tend to develop irritability, impatience, and similar infirmities, than men are liable to, and therefore she has more need of tender forbearance and loving guidance.

But fault-finding or silent disapproval, exacting obedience under the guise of unconditional surrender of all a wife's taste and judgment to his, is not a husband's best mode of weeding out her faults or leading her into a new and more perfect life. A woman can be

easily influenced and molded by gentleness and love, but it is not easy or safe to attempt to drive her, either by sternness, studied neglect, or disapprobation silently manifested. Ah! this wretched mode of censuring by solemn silence! A good round scolding, or a sharp quarrel even, and then a loving reconciliation—bad as such a course is—would be far less disastrous.

Having made choice of a companion, young people look forward to marriage as a step that settles all uncertainty and gives to them a life of unbroken happiness. And yet how vague are their conceptions of what will be necessary to insure any portion of their anticipated bliss!

"We are married, they say, and you think you have won me.
Well, take this white veil from my head and look on me.
Here is matter to vex you and matter to grieve you;
Here is doubt to disturb you or faith to believe you.
I am here, as you see, common earth, common dew;
Be wary, and mold me to roses—not rue.

"Ah! shake out the filmy thing, fold after fold,
And see if you have me to keep and to hold.
Look close at my heart, see the worst of its sinning—
It is not yours to-day for the yesterday's winning.
The past is not mine—I am too proud to borrow—
You must grow to new heights if I love you to-morrow.

"We're married! I'm plighted to uphold your praises,
As the turf at your feet does its handful of daisies;
That way lies my honor—my pathway of pride.
But mark you, if greener grass grow either side
I shall know it, and, keeping in body with you,
Shall walk in my spirit, with feet in the dew."

If one could look into the many aching hearts, made sore by the sudden vanishing of imaginary perfections, what a revelation that would be! Because

"That way lies their honor—their pathway of pride,"

how many appear outwardly happy, or at least content, who have waked from their dream of anticipated bliss to a life of vain longings and repinings! Seeing what to them look like fresher, happier

lives all about them, they venture "in spirit, with feet in the dew," on unsafe grounds. Hence we hear so much of broken homes, divorced hearts, and sin and sorrow, where there should have been abiding peace.

"We're married! Oh, pray that our love do not fail!
I have wings flattened down and hid under my veil.
They are supple as light—you can never undo them:
And swift in their flight—you can never pursue them;
And spite of all clasping, and spite of all bands,
I can slip like a shadow—a dream—from your hands.

"Nay! call me not cruel, and fear not to take me.
I am yours for my lifetime, to be what you make me;
To wear my white veil as a sign or a cover,
As you shall be proven my lord or my lover;
A cover for peace that is dead, or a token
Of bliss that can never be written or spoken."

GOOD HEALTH, AND HOW TO KEEP IT.

There are few subjects around which cluster so many theories as the preservation of health. Let a person pass from one to another in a large company, making a few simple inquiries as to the best way to keep health, and not two in twenty will agree. Each one will give sage reasons for not accepting the theory last propounded. One is positive that half "the ills that flesh is heir to" are the results of improper food. There is much sound sense in that idea; but the trouble is to be sure what is improper food. Each may start from the right point, but the abrupt divergence is amusing, as well as often bewildering. One asserts: "Too much meat is used. It inflames, and fills the blood with impurities. Pure milk, good stale bread and fresh vegetables should constitute the chief part of our food. If this idea," they insist, "could only be accepted and acted upon, the next generation would be a strong, healthy race, pure-blooded, pure-hearted, generous and noble; for the mental

qualities are as largely influenced by the physical condition as the latter is by the quality of the food that is used."

Another will earnestly argue that a vegetable diet will make poor, watery blood, and insure an indolent, effeminate people, while fresh meat is absolutely essential to a vigorous constitution, to an earnest, energetic character; that a diet largely of salt meat dries the blood and makes those who use it lean, cadaverous, desponding and dyspeptic.

After thus taking the opinion of a score of people, one is inclined to doubt if wisdom is found in the multitude of counselors. We believe that it is as impossible to make rules for health that will apply to all as it is to find two constitutions exactly alike. "One believeth that he may eat all things," and he can; another, who is weak, eateth herbs, and should do so. After reaching what is called the age of discretion, each must, to a large extent, judge for himself. Medical advice may be desirable, and sometimes indispensable, but physicians often find themselves in a dilemma, and all their skill, founded on what they think well-established theories, is at fault. They will tell a patient, "Use no fresh bread, but use that which is at least twenty-four hours old." The advice is followed, but the result proves disastrous. The stomach rejects such food, because acid and sour. By stealth, as it were, the patient ventures on a piece of well-raised, well-baked, sweet fresh bread, and is comforted. At that one time, if no other, the stomach was not in a state in which stale bread was beneficial, and, in defiance of all medical rules, craved and secured that which was found to be of great benefit.

Much fresh meat with some constitutions induces fullness of the head and a feverish state of the system, because it makes blood too fast. It should therefore be discarded, and a little salt meat or fish, if the appetite craves it, with fresh fruit and vegetables, will probably be found to be just what the system requires.

In truth, with health, as in many other things, each person must be a law unto himself. In acute or intricate cases physicians are necessary, but in many minor matters they can not decide. It is true that what is "one man's meat may be another's poison," and a little poisoning now and then seems indispensable to teach our

individual physical, as well as mental idiosyncrasies. Experience thus gained, if not carried to such excess as to prove too severe a schoolmaster, will be of more value through life than all the doctors in Christendom—with all respect be it spoken—besides saving many a long bill at the drug-store.

As a general rule it is not advisable to use hot bread too freely, though the effects produced by its use may often depend more upon the character of the bread than upon its temperature.

Neither salt meat or fish, nor fresh meat or fish, all the time, is advisable—though the salt food may be a trifle more economical. A judicious mingling of both is the better course. Good, healthy, well-cured pork, well cooked and used discreetly, is not injurious for a strong, healthy person—engaged in active or outdoor pursuits. But we doubt if it is wise for students to use much, or for sedentary persons, or those at all inclined to humors or eruptive troubles.

It is not safe to allow so large a liberty to young children. They are not capable of forming correct judgment, or governing themselves at all. Parents must do that for them. After they are safely through the teething period, it is not necessary to confine them to a milk diet; but they still need the parent's restraining hand to withhold rich food, or sharp, hot condiments. Plain, simple, but nourishing food, ripe fruit and berries in their season, are, we think, indispensable for growing children. But their meals should be regular—no lunches between—and never just before retiring. Many a mother will give her very young children rich food—pastry, cake, and sauces and condiments of the most indigestible or fiery kind—and tell you her children are healthy, and nothing hurts them. Perhaps the injury is not apparent at first, but it will not be long before headaches, indigestion of the most serious character, or dyspepsia—fixed for life—will be the harvest reaped from such injudicious and sinful indulgence.

ONE OF THE PLAGUES OF EGYPT.

Seated at a window shaded by orange-trees, among whose glossy leaves both fruit and blossoms nestle, the redbird from his cage calling "What cheer?" to his wild, free brother, and the mocking-bird saucily answering both, the lovely St. John's River flashing before us, and the thermometer at 78°, it seems difficult to realize that the complaints in a letter just received can have any foundation. Yet we do not quite forget the discomforts of our Northern March. We need but to turn from the beautiful scene before us, and, closing our eyes a moment, understand distinctly all that our "impatient friend" is enduring when she says:

"Of all the torments crowded into a housekeeper's life, is there any that equals that which we must endure when left to the tender mercies of the stormy, windy, boisterous month of March?

"Didn't you once say that one of the plagues of Egypt must have been sent in March? What you may have said in sport I am ready to accept in sober earnest, and confess to great sympathy with the Egyptians. I wonder if all the other plagues were as intolerable as the dust that fell in Egypt.

"I am tempted to throw aside my duster and broom and leave March to do his worst, unless you can tell me how to conquer. My appeal may be too late for March, but April will have days that will prevent my forgetting my present discomfort. At any rate send a word of comfort and sympathy that I may keep in reserve for the March of 1879."

That March winds and dust are the terror of all good housewives none can deny. It certainly does seem a waste of time and strength to follow this most unruly month with any hope of undoing the mischief so persistently repeated. "Helen's Babies" and all the tribe of "Other Folks' Children" are models of staid propriety compared with the strange, wild antics to be guarded against during every hour of the long four weeks of March. Were we to attempt to prescribe "metes and bounds" for all these raids upon the peace of well-ordered households, we should be in a worse pre-

dicament than "Aunt Alice," who attempted to put her pet theories into successful practice while endeavoring to manage her brother's babies.

But notwithstanding the discouragements that surround the housekeeper through all this dreary month, the broom and duster can by no means be thrown down and the enemy allowed to have its rude way without resistance. To yield the field will make no change in wind or weather. Even if the dust were left, unmolested, to cover every choice and dainty article, the cold, raw, chilly winds, the headaches, rheumatic pains, the coughs and many physical discomforts that all feel in some degree—and the feeble suffer more intensely—can not be avoided. Nothing will be gained by impatience or neglect, but every evil will be exaggerated by the untidiness that must follow neglect. We know of but one escape. Come to the land of the orange, the land of soft, balmy air, of bright singing birds and fragrant flowers. Under the orange-boughs you can defy March.

To those who can not thus escape, we must advise "patient continuance in well-doing." Cherish the broom and duster as your chief friends. You can not conquer—do not look for that—but you can keep the enemy in check, partially. Useless as it may seem to repeat the same operation many times a day, yet neglect it twenty-four hours, and it will cost double the labor to atone for the neglect. When dust first settles on any thing, it can be removed easily—almost blown off; but let it remain unmolested a day or two, and it not only adheres but seems to harden. Whether there is imperceptible moisture in the air, or the gas from fires or lamps holds the dust as it settles, we know not; but books, engravings, curtains, carpets and all the pleasant and ornamental articles about a house are greatly injured by this dust if left without care twenty-four hours, and assuredly demand double the time to renovate them that would have been needed, had they been lightly dusted several times through the day.

The dust that hides in carpets, curtains or carvings is particularly hard to remove. For this reason March is the only time when we have any patience with darkened rooms. During this month, when not in use, we would advise that the blinds be closed and

the curtains dropped, excluding all the dust possible. But, even then, no house can be so closely guarded but the dust will enter. March is a sleepless foe, and taxes a housekeeper's time and patience to the uttermost. Constant care must be given; if not, nothing can be touched without soiling the clothes or hands, particularly the latter. Constant washing the hands chaps them, and the dust, even though too fine to be discerned, will leave the hands dry, rough, uncomfortable and discolored.

The carving and gilding of furniture or picture-frames particularly need great care. Once leave the dust to settle for the whole day, and they are soon so defaced as to be impossible to clean. Without being ill-naturedly observant, let any one notice how the choicest decorations in some houses show lines of gray or ash color, to the great disfigurement of beautiful work, while all the furniture looks dull and old. It requires very little wisdom, where these signs are evident, to see that the dusting has not been properly attended to. Without the strictest care, more injury will be done to furniture and choice articles in the month of March than in any three months of the year.

Windows are much harder to keep clean in this month, and, indeed, in most of the spring months, because of frequent snow and rain, mostly attended with high winds; and when it suddenly sweeps across the freshly-washed panes, it leaves them almost as gray and dirty as before washing. For this reason it is not extravagant to use alcohol to clean windows during these troublesome days. It requires but little. Dampen a cloth in alcohol and wipe off each pane; it dries instantly, leaving no moisture for dust to adhere to, and makes the glass particularly clear.

Even the most methodical housekeeper, in this month, will be obliged to wash on whatever day the wind will afford an opportunity. If clothes are hung out on a very windy day they will be more injured by the severe snapping than by many weeks' wear.

We do not attempt to persuade our "impatient friend" that her troubles are simply imaginary—that would be folly; but seeing that for a few weeks this discomfort is inevitable, we trust that she and others similarly tormented will be brave enough to accept the

position without grumbling, and, at all events, keep on friendly terms, for their own sakes, with the broom and duster.

CLEANING LACE.

We are often requested to give the best mode of doing up lace—not simply lace curtains, or the common inexpensive kinds of capes, scarfs, edgings and insertions, but those which are of the most delicate texture and often of great value. Those who can afford it usually take such valuable property to French lace-cleaners, many of whom return the articles looking really like new. But too often they are much injured—rotted by the bleaching articles of various kinds which are used, or torn by rough handling. We have given the best directions we were acquainted with, but have had occasion for much less experimental knowledge in that direction than many ladies who rejoice in the possession of laces that have been handed down as heirlooms from generation to generation.

We have before us a letter containing directions from a lady who has far more experience in fine lace than we claim; and though not permitted to give the name, we take great pleasure in laying these valuable suggestions before our readers, knowing them to be thoroughly trustworthy:

"These are days when lace is appreciated and when it is really thought precious. Lace should never be starched, and most lace needs no stiffening. The best mode of doing it up is that which least displaces the original threads or mesh or changes the beauty of the work; squeezing or wringing are, of course, out of the question.

"I have always found the washing on a bottle the wisest and safest way, using a large bottle for large pieces. Cover the bottle first with old cotton—wind the lace on it carefully, and then cover it smoothly with a piece of plain net; soak and wash, and, if it needs bleaching, or there are any spots in it, lay the bottle in a pan of water sufficiently deep to cover it entirely, and set it in the sun. Hardly any spot is proof against this.

"The lace will often be in perfect order if left to dry on the bottle after being rinsed; or, if taken off when nearly dry, it may be delicately smoothed with light and careful fingers.

"This method is the least troublesome, the most merciful to the lace, and the wisest every way, saving all wear and tear in washing. It is heart-breaking to see elegant lace pulled and starched. Those who are wisest in lace wear it in its yellow state, its color being proof of its age and rarity."

We indorse most of this letter—indeed all but the last clause. We can not imagine any one being willing to wear dingy, yellow, dirty lace, simply because the dirt is a proof of "age and rarity."

CLOSING HOUSE FOR THE SUMMER.

Many houses during the summer months are closed that the families occupying them may seek freedom from care, or amusement, in traveling, or at pleasant fashionable watering-places. Some leave what they suppose to be trustworthy servants in the house for protection and care-taking, who in their daily presence have seemed perfection; but how often, when left entirely free from their employers' oversight, are they found to be unscrupulously dishonest!

We think houses left with no occupants are quite as likely to be found intact after a two months' absence as when servants are left in the charge, and the practice of leaving them so is more and more common. But there are some precautions with regard to the contents of the house that should receive strict attention before leaving.

It is not necessary that a house should be thoroughly cleaned, in the common acceptation of that term; but a thorough sweeping and dusting, from the top to the bottom of the house, is of great importance. First of all, furnaces, grates and ranges must be cleaned, every pipe and corner freed from cinders or ashes, and all needed repairs made, that, at the home-coming, the house may be all ready and in good working order. After this should come the

sweeping and dusting. If flies have become troublesome before leaving, the windows must be cleaned very thoroughly the last thing, else the spots will be so hardened that it will be difficult to remove them in the fall.

The bedsteads should be well looked after, wiped free from dust and lint, every crevice examined with care, and all dust removed, and the mattresses as faithfully examined. Give mattresses and pillows a good shaking and beating; let them remain uncovered and airing as long as possible, then cover with a bed-spread or sheet.

Blankets, after being cleaned—washed if needed; if not, well aired and shaken—should be packed in the cedar trunk or linen-closet; if in the latter, with small lumps of camphor wrapped in a bit of linen cloth scattered through them, and wrapped in old linen sheets; fold in all the edges of the sheet, and sew or pin them so carefully about the blankets that a moth can not find access to them.

Linen and cotton sheets, bed-spreads, table-cloths, napkins, towels, etc., after being sure that all are cleaned and well aired, should be put in the linen-closet, or clean, dry drawers. It is a great protection to spread an old sheet on the shelves, leaving half of it hanging over; and when the linen is all neatly laid on the shelf, bring up the loose part of the sheet, and fold neatly over the articles placed on the shelf, tucking in the corners snugly. This done, sprinkle the wrapping-sheet with a generous quantity of red or cayenne pepper, and the same over the wrappers about the blankets. We should have said that red pepper should be sprinkled over the shelves, and blown in the cracks or loose places about the walls with one of the little syringes that are used with moth-powder, before the wrapping-sheet is spread over. Nothing will more effectually guard against moths, rats, or cockroaches than cayenne pepper.

We would not advise lifting carpets, unless such as need to be taken up and shaken, and those should be well cleaned, and then shake moth-powder as well as red pepper between them—fold by the breadths evenly, so as to leave no wrinkles, and roll up compactly, wrapping the roll in an old ironing sheet or common sheet;

close the ends and sew up. Thus protected, leave them in roll till the house is again opened.

For heavy carpets that do not need to be shaken every year—after sweeping faithfully, and cleaning out all the corners, blow moth-powder and red pepper plentifully into all the corners and around the seams, and scatter freely over the carpets; also strew it over all woolen or buttoned furniture. Woolen rugs, table or piano covers should be sprinkled with the powder and wrapped up in old linen or cotton—as well as footstools, ottomans and sofa pillows.

HARDWOOD OR INLAID FLOORS AND BLACK WALNUT FURNITURE.

Hardwood floors, and those which are inlaid or striped, are usually oiled several times by those who have charge of the building, and well dried before the house is occupied. After that, when the house comes under the care of the owners or tenants, these floors are oftener injured more by overmuch cleaning, or rather improper cleaning, than by neglect. They should never be scrubbed, or washed, with hot water. No soap should be used. If not badly soiled or defaced, they only need to be washed with a clean cloth or mop wrung out of cool or tepid water. That will take off all the dust that will accumulate by daily use. But if any thing adhesive or difficult to remove has been spilled on the floor and left to dry on, it may then unfortunately be impossible to take this off without using quite warm water, but by no means that which is boiling hot. In extreme cases a little soap in the water may be indispensable; but avoid both, if possible.

If one must resort to warm water and soap, then wipe or clean only about a yard at a time, having at hand a pail of clear water and a clean cloth with which to rinse off, and wipe quite dry as the work progresses.

These hardwood or inlaid floors being oiled, hot water or suds, unless used with the greatest care and very seldom, extract all the

oil, and very soon the floor looks gray and dingy, begins to twist or warp, and some pieces crack and peel off. For these reasons it is wise to avoid that mode of keeping such floors clean. If in daily use it will be impossible to keep them looking as nice as a good housekeeper will desire. They will require re-oiling, and, to look nice, should have it every three or six months, certainly every year at the longest.

There is no "mixture" that is known of that will dry quickly and keep the floors looking fresh and clean. But any furniture-maker or worker in the hard woods used for these floors will furnish and prepare the oil properly. That done, some of the members of the family should have skill encugh to put it on; but we doubt if they could repolish the floor. That will require an expert.

These hardwood floors are much more difficult to keep looking clean and comfortable than a carpet, or even an oil-cloth; and although we are aware they are becoming "stylish," or "all the rage," we can not like them. They make the house seem cold and inhospitable; and then the noise! Imagine a dozen or more passing through a hall, or into the dining-room, with hardwood floors! Then think of the noise when all the chairs are pulled back to allow the occupants to be seated, and then pulled up to the table again; and the bewildering confusion and racket when all push back their chairs to leave the table!

But "every one to his fancy." Oiled black-walnut furniture, or plain woods that have been stained and oiled in imitation of black walnut, and all of the dark woodwork in a house, if oiled, not varnished, must be treated in the same way as the "hardwood" floors. Wipe off with clean cloths and cold water; wipe very dry, and rub furniture after wiping with a chamois-skin, but use no hot water or soap, unless compelled to do so by some unfortunate spot or stain; and then, as with the floors, wash but a little at a time, wiping very dry every step of the way. With furniture, if compelled to use warm water and soap, or indeed whatever way they are washed, it is desirable to polish them, after washing, with a chamois-skin.

Varnished furniture may be washed without injury with warm—

not hot—soap-suds, if same precaution above-named is followed, of washing but a small space, wiping dry, and polishing with chamois-skin.

A friend suggests the following: "We have our halls and dining-room without carpets; but have a preparation which we put on them which will dry in an hour so that the floor can be used, and gives a beautiful polish. It is very easily put on. I could do it myself if necessary. You say you don't like uncarpeted floors for dining-rooms, it makes so much noise to move back from the table. We have a large drugget under and around the table, so we escape the noise; and without a carpet our room is so sweet and free from dust. I have it swept every day with a broom, over which I draw a flannel bag. That takes up all the dust, and is better than the usual way of sweeping. I only have the floor wiped up with water once a month, and then with clean water in which I have a little cooking soda dissolved. When the floor is dry I put on the preparation (the receipt of which I inclose), with a flannel cloth:

"FLOOR POLISH.

"Four ounces gum shellac, one ounce gum benzoin, one ounce gum mastic, one quart of alcohol. To be used when thoroughly dissolved."

We like the mode of cleaning hardwood floors our friend recommends. We presume she refers to the inlaid floors. The flannel bag drawn over the broom is a capital idea. We find it of great service in wiping up oil-cloths, which should never be scrubbed or washed with a particle of soap; and should think the floor-polish must be excellent for those who have hardwood floors.

FINE GLASS AND CHINA.

There are few things that so clearly express good taste, true elegance and refinement as the exquisite glass and china sometimes seen on entering a dining-room. It fills one with peaceful content-

ment and pleasure to be seated at a table on which such articles seem to be "at home," not placed in sight for "company" show, but where, when on the table, they rest the eye, while their kindred peep out from the "buffet," or smile down on us from the sideboard, as if to welcome a familiar family friend. There is genuine comfort in this, and very few would object to such furnishing in their own homes. None, we imagine, but the Marthas, who, overcareful and cumbered with much serving, see in the extra care which such articles must inevitably bring upon the mistress of a house that "last straw" which they are certain they could not endure.

True, one can not use such frail elegancies without knowing that they demand careful handling; but, having once learned the best and easiest way of using without abusing whatever comes under their supervision or care, there is no farther ground for anxiety or apprehension.

Fine glass and china will not break as readily as the coarsest kinds of delft or earthenware. No housekeeper should trust these choice articles to the care of a girl, unless one of those wonders we sometimes read of, but seldom see—a perfect servant; because they are so expensive that it is unwise to risk a breakage. The coarse ware may be left to their manipulations; but the mistress is prepared to hear of daily breakage among such ware, yet comforts herself with the knowledge that a half-dozen articles or more of the inferior sort may be destroyed and the loss be as nothing to the destruction of one of her beautiful cups, plates or goblets. If she must have "help," she is compelled to trust some things to their care, and patiently submit to the loss which most housekeepers have learned to look upon as inevitable; but she must look after her valuables herself, or submit to such heavy loss without complaint.

If one is gifted with a common allowance of skill and prudence, there is nothing easier than to take charge of fine glass and china, and without any great risk of loss.

The very best kinds of glass and china are always well "annealed," or seasoned, before being put into the market for sale; whereas all the common or inferior kinds must go through a pro-

cess of seasoning to enable them to endure the sudden change of temperature from heat to cold to which they must be exposed when in daily use. When there is any care taken of them, or any effort to prevent their breakage from these exposures, they will be put into a kettle of cold water, placed over the fire, and the water gradually brought to a boiling point, then set aside to cool very slowly, usually letting them stand all night. If wood-ashes can be obtained, it strengthens the articles still more to throw in a double handful of ashes while the water is cold, before putting them over the fire, to boil in it. But the finest ware needs no such seasoning. They are so thoroughly annealed, or should be, before leaving the manufacturer's hands, that they can be washed in boiling water without harm, except in cold, frosty weather, when every thing is chilled. Even the best annealed ware will then break if put suddenly into hot water. Set the articles first into a pan of tepid water, and let them stand till warm; and after that they can be washed in hot water without any harm.

Any glass or china that has gilding on it, even that which is considered the most durable, should be gently washed in hot water, then rinsed in cold, but never rubbed with a towel of any kind. When rinsed, turn down to dry, and if not perfectly clean they may be gently wiped with a very thin, soft cloth or piece of silk; but no rubbing or attempt to polish, for that soon tarnishes the gilding. If through any carelessness or accident the gilding becomes a little tarnished, a slight polishing with chamois-skin, with a very little whiting on it, may be used as a work of necessity. But it is a misfortune when any such cleansing must be resorted to.

It is always best to have dining-plates and platters warmed for meats, whether common ware or the best dinner china; but in either case be extremely careful that no dish becomes hot. That not only makes them unpleasant, and troublesome for the carver and the guest, but is ruinous to dishes of all descriptions and any quality. It cracks the glazing all through the surface, and one is fortunate if it does not crack the dish also. Even, if at the time the dish is not found to be cracked, it will not be long before it will be injured past repair; for if only the glazing is cracked, water penetrates inside of the glaze through these little, almost invisible

cracks, and expands the porous clay of which the dish is made; eventually making the whole unsafe and so tender as to come in pieces easily.

If this does not follow very soon, that which is worse than utter and irreparable breakage will surely be the result. Every thing greasy—meats, gravies or butter—will find a way to penetrate beneath the cracked glazing into the clayey, porous interior, and make the exterior look brown and dingy. A tin case with shelves set near a register or steam-heater, or a closet sufficiently connected with some of the heaters about the kitchen or dining-rooms, is the best arrangement for keeping fine plates and dishes sufficiently warm for any kind of meat, and will prevent all danger of overheating.

When the finest quality of cut-glass is in any way blurred or tarnished, it can be restored to its original beauty by polishing it with a soft brush on which is sifted perfectly fine and soft whiting; or a soft piece of newspaper can be used with good effect to polish glass. Roll up a piece of slightly wet newspaper, and rub the glass; then repeat the work with a piece of dry paper. It has been said that some of the ingredients of printing-ink give a fine polish on glass cleaned with newspaper which nothing else can. However that may be, we have often tried the paper and been satisfied with the result. The polish is brilliant, and no lint remains, as when cleaned with linen.

When fine cut-glass water-bottles or decanters get dim or "furred" inside, rinse occasionally with a little muriatic acid, and then rinse with clear cold water. This acid removes all stains or impurities, and leaves the glass clear and brilliant; whereas ashes, sand or shot, which many employ to cleanse such articles, scratch and injure the glass, and do not leave any thing like the original luster; and when shot is used, if any is left in by carelessness or accident, the lead in the shot is poisonous.

HOW TO MANAGE STOVES AND RANGES.

Very few upon whom housekeepers depend for the labor belonging to the kitchen, understand how to manage a range, or cooking stove, so as to secure the most satisfactory results with the least "wear and tear" to the range. Indeed, we fear that in this respect, the mistress is too often quite as ignorant as the maid—perhaps even more so. How many of the young wives now coming forward to take the places of the older housekeepers, whose places will soon "know them no more," would feel quite at ease if called upon for a few days to do the simple work for two, all with their own hands? Some of them who may read this will toss their heads with a pretty gesture of defiance, saying:

"Pshaw! Does she think young ladies so stupid? Any one could do as much as that if it was found necessary. It is the simplest thing in the world."

Perhaps so to those that have been well taught. But in a day or two Bridget finds it lonely; and besides, strange as it may seem, inexperienced housekeepers are often hard mistresses; not intentionally, but not understanding how the work should be done they form no correct idea of the many steps needed, and expect and demand more than can be accomplished in a given time. So Bridget leaves unceremoniously, and the lady has an opportunity to learn how simple it is to get—even the breakfast for two. She goes smiling and singing into the kitchen, with hardly an idea of the first steps to be taken, until the cold range or stove gives her the first realizing sense of the work before her.

The range is dirty, full of ashes and cinders, and no coal up from the cellar. She looks at her soft, delicate hands and her tasteful morning wrapper, and the thought of using them over that great rusty, hard thing—

"What shall I do? I never started a fire in a range in my life, and haven't the faintest notion how to begin it, or how to clear out all these ashes and cinders! And then to go into that dark cellar and bring up the coal! I never can do it, and I won't!"

Did she suppose, when thinking it "such a simple thing," that the range was cleaned out and the fire started without hands? Of course such housekeepers can not know how to secure from their servants a proper care of any part of their house, and certainly not of the kitchen. But, judging from results, more mature persons do not so clearly read the signs as to be able, at once, to tell their cooks the reasons for the many mysterious results that are brought before them. The bread comes to the table badly scorched and blackened. The mistress expresses disapprobation, and inquires why this should happen so often.

"Indeed, mem, this range is a very bad baker. Do all I can, it will scorch." And when the husband complains, he is assured that all possible care has been taken—but the stove is unmanageable.

What should the lady have done? Before asking one question of the cook (if she had had any knowledge of cooking-stoves or ranges all questions would have been needless), she should have gone to the stove at once, lifted off the covers, and let the girl understand that it was her own carelessness, not the fault of the range, that spoiled the bread.

What would she have seen on removing the covers?

Why, the coal filled up over the fire-bricks, the ashes and cinders packed under the top plate of the stove till it lay a solid mass beneath it, coming up close to the plate. How can a range bake evenly in such a condition? It is impossible. In a short time the bottom plate of the oven will he burned through, if an upright oven; if one in the lower part of the range, the top plate will be destroyed, the fire-bricks burnt out, the covers cracked, the pipe in holes, and the range ruined. With proper care a good cook-stove should last for years, with a few slight repairs now and then. But we have of late had occasion to know that, under poor management, and with mistresses who had no knowledge to correct the evil, the best stove in the world may be utterly ruined in less than two years.

Now, nothing can be simpler than the care of our cooking-stoves and ranges. All the needed directions are so plain and easy that a child of ten years old ought to be ashamed not to be able to follow them. We will imagine that we have a new range or cook-stove and are making the first fire in it, only premising that on first heat-

ing a new range one must expect that it will smoke a little till the whole stove-pipe and chimney have become well heated. First, pull out the damper, to secure a good draft; then roll up some paper, not much, in compact bunches, so that when lighted they will not flash up and burn out instantly; lay on this some small slivers of light or kindling wood. (If it is a coal-stove use as little kindling-wood as possible, because the ashes from wood deaden the coal.) Set the paper on fire from beneath. As soon as the small bits of kindling wood are on fire lay on four or five bits of larger wood, and with a shovel sprinkle over a little coal. By the time the tea-kettle is filled and a few preliminaries for breakfast attended to, the coal will be sufficiently kindled to allow more to be added. Set the kettle over the fire, and see that the room is clean. (It should be swept after supper work is over, always.) Grind the coffee, set the table, or, if set over night, look it over carefully, that there may be nothing forgotten. If a pitcher of ice-water is used, cut and wash the ice. Let the water run, if from a faucet, a minute or so, to clear the pipes, while getting and washing the ice, or pump a while so as to have clear and cool water; then fill the pitcher. By this time the coal will be all on fire and ready to receive the last installment. Put on only enough to come up with the fire-bricks—*not one hair's-breadth above them.* Half close the damper, and while the fresh coal is kindling have the butter for the table put on the plate and set on the ice to keep cool. Cut the bread, and cover it with a napkin. Scald out the tea and coffee-pots, if both are needed, and, leaving hot water in them, set them on the back of the stove to keep hot. Bring out gridiron or stew-pan, and put where they will be hot. Take out whatever is to be cooked and get in readiness, and quite as soon as these are all before you, the fire will be in splendid condition for cooking, and no danger of any scorching.

If any thing is to be broiled, pull out the damper; if not, shut it. As soon as breakfast is ready, if there is to be much cooking immediately after, rake down the fire, or shake it if there is a rod for shaking, and add coal as above directed, only to the top of the bricks; but if no cooking is to be done until time to prepare for dinner, shut the dampers tight, and lift the two front covers a little way off, to slacken the fire, thus saving the waste of fuel and

needless wear of the stove. When ready to get the dinner, pull out the dampers, to let all the ashes escape up the pipes while shaking them out, and with an old wing or whisk-broom brush off all that will have accumulated under the covers by reason of the draft, and put on sufficient coal to fill to the top of the fire-brick. Leave the dampers out until the fire begins to burn clear, and proceed with dinner.

The same rules are to be observed after dinner until time to prepare for supper, or tea. Unless there is to be something baked for supper or tea, there will be no need of adding so much coal as for the dinner. Start it in season, and boil the tea-kettle, which should be emptied after every meal, and filled fresh when ready for the next meal, without fail. (Water is not so good that has stood boiling or simmering from one meal to the next.) As soon as supper is ready, open the damper for an escape for the ashes, and shake them all out as clean as possible; push back the damper, and lift all the covers half off to deaden the fire; by so doing the coal will be cool enough, by the time the supper has been eaten and dishes washed, to be removed from the range with perfect safety. Take a small, narrow shovel, and lift all the coal remaining in the grate into a coal-hod. This done, brush the ovens out clean. Once a week, if movable, take out the bottom plate from the ovens, to see that no ashes have lodged there to retard the baking or burn out the plate. Nothing burns out iron faster than ashes packed underneath and heated every day. Rap on the pipes with the lifter to dislodge the ashes that have settled in them, and lift off every cover; brush out the ashes into the grate, then tip over the grate and brush it free from all ashes or coal. By this time the stove will be cold, or sufficiently so before retiring, to lay in paper and kindling-wood ready to start the fire the moment one is up the next morning. Gather all the ashes into the ash-pan; sweep the hearth clean, but do not take the ashes out of the pan till morning, that there may be no danger from any live embers kindling up again. Now sweep up the floor, blacken the stove the last thing, and go to bed and sleep with a free conscience, at least as far as the kitchen divinity—a good range—is concerned.

This work takes, at the longest, fifteen minutes. It can be done

in twelve. We know, for we have timed it and done it with our own hands many times during the summer, to make sure before writing this that we were perfectly correct. It does not require half as long as it will to write or read this, for one can work and think much faster than write or read. And we can promise our readers, if they will see these directions followed, there will be no danger of burnt bread, scorched or smoky steaks; no smoky breakfasts, from tardy cooks filling the grate with wood to make amends for late rising, and burning out the saucepans by setting them inside the grate; and, lastly, there will be no long bills for new grates, new covers, new fire-bricks, or new ranges.

FOOLISH COMPARISONS.

We are tired and disgusted with those women who are so greatly exercised in drawing comparisons between man and woman; and who ask with painful earnestness, as if their life here, and salvation hereafter depended on the answer:

"Do you not think women equal to men in all things, and superior in many?"

There is no ground for any comparison; they are in all things so dissimilar, that no comparison can be made with justice. To talk about equality or superiority is the sheerest nonsense. One may as well compare the merits of the eye with those of the ear. We should be imperfect if either were destroyed; but each has its own distinct peculiarities, and of a nature that makes any attempt to compare them absurd. So between man and woman; each has duties to perform quite dissimilar, yet of a character that is helpful to the other, and each can perform them more perfectly than the other could, and still better if both work together. The only chance of comparison is when the one attempts to take in hand the work naturally belonging to the other.

To be sure, there are many things that a man can do which really belong to woman's sphere, and they are done well perhaps, but

a woman would have done them better. A man can cook, wash, iron, sew; but he will never do such work as easily, as cleanly, as deftly as a woman would have done—because he has stepped out of his place.

A woman can plant, mow, etc.; but the strongest woman will never be as expert, or do the work as perfectly as a man, because she is not adapted to that kind of work. Why attempt a comparison where there can be no substantial grounds from which to draw an inference? What chance could there be for any comparison, except that which would be insufferably foolish, if a woman were to attempt to hew granite, lay a stone wall, or build a house? Her lack of physical force, the delicacy of her limbs, prove that she is in the wrong place.

Let a man attempt the fine, delicate work that a woman performs so easily, and his great, awkward hands will be sadly in the way. Did you ever see a man attempt to dress a tiny baby, make point-lace, or the finest embroidery? He could doubtless do these things, *somehow*, if he *must*. Did you ever see a woman split great granite slabs, lay a stone wall, shoe an ox or a horse? She could do these things, possibly, if driven to a point where it was absolutely necessary. But is it not evident that, by nature, she is not fitted for such work any more than man is for the more delicate arts? God who made them male and female did not intend their labors should be of the same nature. There is no sound basis for any comparison.

Most of the duties in a sick-room are more appropriate work for a woman than for a man; but when it comes to the most intricate parts of a physician's work, requiring nerve and strength, can one feel as safe under a woman's hand as under the care of the stronger sex? Who would feel willing that a woman, with her finer organization and more sensitive nerves, should attempt surgical operations, where one false stroke, one instant's failure of the nerves, or of self-possession, would be fatal?

We think we would prefer to put a case of importance into the hands of a lawyer rather than into those of the ablest woman that any law school ever honored with a diploma.

We think a man truly called to preach will furnish a better

sermon than any woman with a Rev. to her name; but we know many women who practice the virtues inculcated, far more perfectly than the preacher himself.

And so through all the varied duties of life. Those who desire to discuss this matter make an invidious, disagreeable, unjust piece of work of it, because God has given no true foundations from which to draw such comparison. To talk of equality or superiority is great foolishness. Each, though totally unlike, needs the other, and though in different positions they stand in honor and excellence, if they are faithful in the perfomance of their duties, one as high as the other. As a whole they are perfect. To man belongs the strength, physically and mentally—to woman the power springing from all gentle graces, kindly deeds, unselfish labor, and the pure and holy qualities that help to make home the entrance to heaven. For a woman to ignore or slight these sweeter, purer virtues, through ambitious reaching after the stronger but coarser power given to man, is to scorn and throw away her birthright.

"She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household; and eateth not the bread of idleness. Her children rise up and call her blessed; her husband also, and he praiseth her. The heart of her husband doth safely trust in her," etc.

A woman truly deserving this character need not attempt to draw comparisons as to the equality or superiority between man and woman. "Act well your part; there all the honor lies"—for man or woman.

"AS THE TWIG IS BENT THE TREE INCLINES."

Parents often blight, or destroy the young lives committed to their care, either by injudicious indulgence, or selfish reluctance to accept the trouble, the restraints and cares, which inevitably come with helpless infancy. Often, through excessive fondness, they yield implicitly to the unreasonable exactions of beings too young to understand what they need. If, in such cases, wiser friends

remonstrate with the parents, and attempt to show them the folly of their indulgence, they are thought unkind or hard-hearted.

"Such a darling! How can its mother deny it any thing?"

But by such extravagant indulgence you are injuring the child you profess to love so tenderly. You are laying the foundation for a most selfish and disagreeble character which, sooner than you imagine, will outgrow your control and become your tyrant, causing years of trouble and unhappiness.

"Why, this is but a baby! and I think our little ones should have all the liberty and enjoyment possible. It will be time enough to tighten the reins and exercise authority when the child is old enough to discern good and evil."

Ah! that time comes much earlier than parents are willing to believe. It requires but a few weeks for a baby, tiny and undeveloped as it appears to the doting parents, to understand that by persistent crying and violent demonstrations of anger, it will receive all the care and immediate attention it was by these natural signs demanding. Having conquered, the infant becomes sweet and quiet, and soon falls asleep. How long will it be before that little babe will learn that passionate crying will compel the mother to rock it to sleep regularly? That will soon become too monotonous, perhaps, and the incipient tyrant decides that to be walked with, is preferable to rocking. A good cry, with kicking and struggling plentifully interspersed, will soon bring the mother to her feet, or the nurse will be called upon to take up the line of march. It will require but two or three such victories before walking will be the only way to coax the child to sleep or into a good-humored condition. If sleep comes at last to relieve the weary nurse, how softly she creeps to the crib, how stealthily she manages to put the child from her arms on to the well-warmed pillow! That "twig" is rapidly bending in the wrong direction.

As the babe grows out of the nurse's arms, its will, which never has been wisely controlled, is manifested in almost every act; but its little dainty, imperious ways are pronounced, "So charming! Too 'cunning' for any thing!" And, doubtless, they are so, if one looks only at the present, with no foreshadowing of whereunto these "cunning" ways may lead in after life. It may be laughable, just

for once, to see this small specimen of humanity stamp with its tiny foot, or strike with its pretty dimpled hand, when denied some article of food, or deprived of something unsafe for it to handle.

In a few months the little child enters another stage of child life. That which at twelve months or two years was "so cute!" "so smart!" that mother had not the heart to check it, was but the beginning of insubordination to parental control, or to trespasses and infringement upon the comfort of others, will fast become intolerable, even to the partial eyes of the parents. Now let them attempt to tighten the reins or exercise proper authority. Will it prove an easy task? Will they succeed in straightening the "twig" which their own folly or neglect has permitted to "bend" so far beyond their reach?

Where lies the blame? The mother who suffered herself to be conquered by an infant's puny resistance, must answer. The parents, who, later, saw without rebuke or prevention, the small child abuse or tear choice books, destroy valuable articles, or furniture, or strike the nurse, or torture animals, without one resolute effort to subdue or teach it better, must appeal to their own consciences to decide this question. They who winked at the child's youthful misdeeds, proud of its "smartness," will suffer the most for this wicked indulgence when they see what the little one, so loved and indulged, is fast becoming—ungovernable, insubordinate, impertinent, yielding to no authority that is not brought to bear on it through punishment or force. The "twig," twisted and bent by over-indulgence or neglect, has become a branch or limb, distorted, unsymmetrical—a disfigurement, not a thing of beauty that should have been a joy forever.

A child indulged in every caprice, whose wrong-doings are a source of merriment and openly repeated as something wonderfully brilliant in the presence of the culprit, must be but little lower than the angels if it does not in a few years bring its parents to grief, and become the torment of the whole household and a nuisance to the neighborhood.

A great wrong is done children by over-fondness and unregulated indulgence! but quite as much harm springs from the heartless neglect of those parents, and particularly the mothers, who, for the

pleasures of fashionable life, and their own selfish enjoyments, leave their children to the unsafe guidance and imperfect judgment of hirelings, while they look only to their own ease and pleasure. Such mothers ignore any responsibility and every duty, until at last they are roused to the knowledge that their neglected children are now utterly ungovernable and vicious, going in ways that have every promise of bringing their parents' gray hairs with sorrow to the grave.

A WELL-DRESSED LADY.

We have been repeatedly asked, "What is a reasonable sum for a lady moving in good society to expend upon her own wardrobe?"

Our first impulse was to frankly say, "We do not know;" but remembering that a reasonable question was entitled to careful attention, we concluded to make inquiries among friends in various positions and of infinite variety of taste. But among a large number to whom we have spoken we have not found any two that agreed. There is no one question, we imagine, that would be so very difficult to answer definitely. One lady, who we thought would give a very satisfactory answer—not for the millionaire's wife and daughters, but for very prosperous people—said, without a moment's hesitation, "Five hundred dollars a year is an ample allowance, but not an extravagant one."

Another, whose husband's income might safely be judged to be about the same as the first, for their mode and style of living were very similar, exclaimed, when asked if she thought five hundred dollars a proper standard for those whose position was similar to her own, "Oh, no! No lady moving in genteel and moderately fashionable society, could possibly maintain her position creditably with less than one thousand a year; and it would be an excellent manager who could do so with even that sum."

Another lady was positive that she could keep herself presentable in the best society on two hundred and fifty dollars a year. Another assured us that she never spent over three hundred; and we think

we know of some who would be welcomed in choice society who would be thankful if they were sure of half that sum for their own use every year.

Here let us observe, *en passant*, that we recalled those conversations with much amusement a short time since, while at a very elegant party in honor of a distinguished guest. We there saw many elaborately and expensively dressed ladies, and, of course, in every variety of costume, but without giving much thought to the expense of fashionable attire; our chief solicitude being to avoid overthrow by the miles of "trains" that so occupied the floor as to make locomotion somewhat hazardous. If part of the elegant and costly silks and velvets that swept the floors could have been used to cover the unprotected necks and shoulders, aside from being sensible and economical, it certainly would prevent some severe shocks to old-fashioned modesty.

But having escaped the "trains" without an ignominious fall or broken limbs, and survived the sight of very much undressed necks and shoulders, finding safety for a short time in a corner, we remembered the question of a lady's expenses, and thought this a good opportunity to form some correct estimate. We soon found it, however, a hopeless attempt, and concluded that every woman must be a law unto herself in this matter. She ought to know what she can afford to spend without injustice to others; and if her love of fashion and dress tempt to extravagant expenditures, and she yields to the tempter, she may be sure that her future will be clouded, and her present enjoyment turn to bitterness and regret.

There is one consideration that ought to guard our young ladies from extravagance in dress; namely, the fact that any one who can claim to be a perfect lady—if she is dressed neatly and in correct taste—is always received and cordially welcomed to the most elegant entertainments given by those with whom she most delights to mingle. Mark the vast difference in the dress and adornments which one sees at parties of every description. Seldom are two found dressed alike or in the same style. You will see a young lady in simple white, or a neat but not elaborately trimmed silk, with few ornaments—perhaps none—and her hair simply and tastefully

arranged. By the side of this fresh, bright girl, stands one old enough to be her mother, attired in the extreme of fashion, and suggestive of colds, stiff neck, or rheumatic pains; or a modest matron in a close-necked velvet, with rich and appropriate jewelry, and the skirts just clearing the floor, and by her side elegant lace or India mull with immense trains—and again, pink, blue, green, plaid, striped, or plain silks, of sensible length, or trailing by the yard to the peril of any who venture to move; and yet with all this variety they are respectable, honorable, and select, or they would not be there.

Therefore, seeing that it is not alone the most devoted votaries of fashion who can obtain access to the best society, would it not be wise for ladies, young and old, to make the experiment of dressing more simply, and set apart a portion of the money usually spent on dress for something more stable and substantial than they gain by following fashion's caprices? Why not keep a correct account of all expenses, and learn how much is really necessary to secure the *entrée* to the best society?

"I HAVE NO MAN'S PROXY—I SPEAK FOR MYSELF."

Would it not prevent many mistakes, and ill-advised assertions, if our housekeepers acted more in accordance with the principle above indicated, and managed their affairs less by proxy? We do not intend to convey the idea that when a woman, fortunately or unfortunately, has at her command the means to hire those who must work for their living to perform the roughest parts of household labor, her sense of duty should lead her to do it all herself. By no means. If that was thought necessary to make a perfect housekeeper, thousands would be thrown out of employment, and, with those depending on their labor, left to suffering and want. As far as one can afford to "keep help" in the house, it is a kind and charitable deed, in one sense, to give this opportunity for support

to that class who most need the work, being governed, of course, in the selection by the efficiency of those whom they employ.

But the mistake lies, we think, in ladies giving too little supervision to the great variety of labor that belongs to household duties. If servants are secured who show a good deal of common sense, and seem to be guided by sound judgment in their portion of the work, the mistress sees it, and soon begins to trust more and more to this "proxy." Rejoicing in the sense of increasing freedom from constant supervision, more and more of the care passes out of her hands, until at last she is only the nominal mistress or housekeeper. And it is to this that we refer. A cook, waitress, chambermaid, laundress, or one occupying any subordinate position in the family, may be exceedingly capable, as near perfection as can be imagined, yet no good housekeeper can safely slip out from all care. It is to be supposed that the mistress of the house has better judgment, a more correct knowledge of many things to be done, or can give better reasons for doing them, than her servants can possibly have, however excellent they may be. She has had a better education, and should judge by a clearer light than they can. But if, because they generally perform their duties in a satisfactory manner, she, on that account, throws off her own responsibilities and allows the work to go on, day after day, without any supervision on her part, she is unjust to her servants as well as to herself.

Almost every week something new is brought before the public that claims to be able to lighten many burdens or simplify many of the duties that are a part of domestic economy. Many new ways of preparing food, or new kinds of food, come to every housekeeper, or are brought to her notice, indorsed "by the best authorities." Now, if these are put for trial into the hands of the best girl that was ever employed in any house, the probabilities are that not one in a hundred will be accepted or indorsed by the mistress of the house. She will not take the trouble to examine or try it herself, but by "proxy;" and if she is told by this proxy that any machine is not satisfactory, is not time-saving, does not make work easier, she does not reflect that this *good servant* may not have had the judgment, or that kind of information that would enable her to use it correctly or decide on its merits with any degree of justice; and,

by such means, that which may prove of great value to many families loses at least one indorser, simply because the mistress did not take for her guide, "I will have no man's proxy—I speak for myself." Had she examined the article, whatever it might be, carefully noted the directions herself, which servants are never exact about, she might have been able to enlighten the girl, show her where she failed, and, in the end, after overseeing a few trials of it, found she had a most valuable article.

In the same way, when any new article of food, or "new process" of preparing it, is brought into market, we have never had a servant in our employ who could take it without supervision, and bring out a satisfactory result. But by going into the kitchen and superintending the work, or doing it, for the first trial, while the cook looked on, we have often had the satisfaction of not only teaching her to prepare it properly, but also were able conscientiously to recommend it to friends and the public, or, if necessary, as honestly to reject it. There are many most excellent articles of food brought into notice of late years that only require a little extra attention and nicety in preparing them to be choice additions to our tables; but they are of a nature that a slight deviation from the directions will be very injurious, and the mistress must be on the alert to see that they are strictly followed. A few trials will fix these rules in the mind, so that after that they can be exactly followed without trouble or delay; and until this is secured no housekeeper can safely relax her watchfulness. Servants are employed to relieve from the labor and confinement to the house, to give the mistress time for reading, sewing, social life, and such duties outside of her family as she ought not to discard; but in no sense should they be employed to take from her the responsibility of constant supervision and control.

THE CARE OF BIRDS.

Mocking-birds are by many supposed to be among the most difficult birds to rear, and keep in a healthy condition; and some assume that the care and anxiety of rearing them, and the pain of losing them and other birds to whom one becomes attached, must overbalance any short-lived pleasure that can be found in their possession. We can in nowise agree with this theory. One soon understands how to treat them, and, if at all methodical, will in a few days learn to do all there is to be done, easily and quickly.

We once had a cage fitted into an east window of a small sewing-room, in which we kept over forty birds, of almost every kind; and, rising before others were up, we occupied, after the first week, just one half hour in cleaning the cage and all the utensils, giving the birds their baths and replenishing the food. We never felt that we had wasted any time over them; even when it became expedient to exile our birds, and put the room to other uses.

Like almost all pets taken from a free, wild life, and imprisoned, even though in gilded cages, the mocking-bird certainly needs, for a time, a little more than the usual amount of care. If one wants a bird or birds that are tame and at ease when others are near the cage, or that can be allowed to come out of the cage at proper times without requiring great exertions and skill to force them back again, it is always safer to take them from the nest before the mother has taught them the art of flying and catering for themselves. In this case they must be fed by hand every hour for a month or six weeks; and for a week or ten days will call for their food through the night in tones that admit of no delay. The moment they begin to call they will be found with heads held up and mouths wide open begging for food. Little bits, not bigger than a pea, should be put into their mouths, not more than a teaspoonful at a meal, and a few drops of water given by a spoon or dropped from the tip of the finger into their ever-ready mouths.

The food for the little baby-birds for the three first months should be always the same, with no change. Boil two potatoes tender.

No new potatoes should be used if old ones can be obtained. Two eggs boiled hard. Mash the yolks and potatoes perfectly free from lumps, see that both are thoroughly blended, roll into a ball, and set in a cold place. Some chop or mash the whites with the yolks, but we doubt if it is a safe experiment. This ball, made of two medium-sized potatoes and two yolks of eggs, if kept in a cool place will be sweet for twenty-four hours, and is the only food young mocking-birds should be allowed for three months. After that a little sweet apple may be scraped soft and added. All through these first months the little nestling must have plenty of clear soft water to drink, and, indeed, at all ages this is indispensable. As soon as old enough to hop about briskly, put a small bathing-tub half full of tepid water into the cage, just the chill taken off, and in a few days they will learn to take a bath every morning.

In about six months the birds, if males, will begin to sing, and can have the food in a cup and help themselves as they need. It is not best to leave too large a quantity of food near them at one time. They are great feeders, and a young bird might injure itself if overfed.

If you get birds five or six months old, there is no extra care needed, only they will not so readily become tame. At this age one-third grated carrot added to the egg and potatoes, or a little sweet apple, may be given, and a spoonful of ants' eggs given once or twice a week will improve their singing. The ant's eggs can usually be found for sale at bird-stores.

A large cage, where the bird has plenty of room to exercise, is very desirable for any bird, but especially for large birds. The bottom of the cage must be kept thickly covered with gravel, or river sand, not altogether to keep the cage clean, and absorb any moisture, but to keep the feet clean and help digest the food.

A small red pepper hung in the cage will often be picked at by the old birds, but they should have the same in their food as often as once a week. Lettuce leaves, when young and tender, and the seed of the lettuce when ripe, also plantain seed, even when young, are much relished by them, and are good for them if not given too

often or in too large quantities. A cuttle-fish bone should always be kept in the cage for all birds.

We have no doubt but our Northern idea of keeping our birds in a high degree of heat, under the impression that as in their native climate the temperature often rises above one hundred such heat must be the most congenial for them, destroys very many of our singing-birds. On the contrary, the mocking-bird, cardinal, nonpareil, and all singing-birds that we are acquainted with, seek the shade of the orange, fig or live-oak when the sun is in mid-heaven; and, when caged, if their friends would raise a canopy over the cage, or place a shelter of green boughs over it, or remove it in-doors when the sun is most brilliant, the birds would express their gratitude by far sweeter song, than if left to the mercy of a blazing sun. Care must be taken, also, to keep the birds out of a draft or current of air; for they are greatly injured by it, and often die from such exposure.

The mocking-bird is not as cleanly in the cage as many other birds, but in freedom none keep themselves in a better condition. For this reason, to keep them in good health their cage should be scrupulously clean—cleansing perches, cups and feeding-troughs, and also the floor or slide, every morning. If one has an old or duplicate cage, into which the birds can be transferred while the cleansing process is going on, it expedites the work exceedingly; and, if large enough to give them plenty of room, it is an excellent plan to leave one cage free, to be well washed and aired till the next morning.

Mocking-bird food can be obtained at any bird-store and many groceries; but if used as a regular diet, one-third grated carrot should be mixed with it, as this prepared food is too rich for safety, if used as it comes in the bottle. A paste of corn-meal and milk, with the yolk of a hard-boiled egg mixed with it, is excellent to be used with prepared food; but the meal paste should be made new twice a day. If it gets sour it will injure the bird. All kinds of berries, a little sweet apple now and then, a bit of orange or fig, will not hurt them, if fed sparingly. They are very fond of every kind of fruit or berries, particularly pokeberries, which are considered in their season to be necessary to keep them in good health.

Meal-worms are good for them; but they should not have more than two or three at a time, and not oftener than twice a week. If so tame that they can be let loose in a room, they will help themselves to flies and spiders. The latter are peculiarly healthful if not taken too freely. In their wild state, instinct teaches them when they need no more; but in a cage it is found that they can not feed with the same freedom on insects, or be allowed much meat. A bit of fresh beef (raw), half an inch long and of the same thickness, may be chopped fine once a week and mixed with their food; but too much injures, and will render them liable to apoplexy. A leaf of lettuce, celery or water-cress is excellent. Some fresh food they must have every day, if possible, and are not likely to eat more than is good for them.

Once or twice a month, if they can be removed into another cage or let loose in a room, after washing and drying the cage and its belongings, light two or three sulphur matches inside the cage, and move them up and down in it while burning, to destroy insects, or keep a roll of brimstone suspended in the cage all the time. At least once a week blow a little insect powder—found at any bird-store or druggist's—into the cage and over the birds, using one of the rubber blowers or bellows that come usually with the powder. It will not hurt the birds, but will free them from the vermin.

Great regularity in feeding and caring for birds is needed to preserve their health. Give them their baths, fresh food and water, as near as possible, at the same hour. Every week or two put a rusty nail into their drinking-cup, especially during molting time.

Except in the matter of food, the same care that is bestowed on the mocking-bird is necessary for the health and comfort of all birds that are kept in cages. The canary seems to lose all natural instinct in selecting food when in a cage, and will eat almost any thing; but if kept in the same cage with other kinds, will partake more freely of canary, millet, rape and hemp. The latter, however, is not good for them to use regularly; and as almost all birds are fond of it, the trough or cup used for the hemp-seed should be sparingly filled. A little delicate green food—lettuce, chickweed,

etc.—is good for all kinds of birds. The cardinal, or redbird, delights especially in rough rice, but will taste of most of the seeds that are within his reach. He is, if taken young, easily trained to live peaceably with all the birds one chooses to put together in one large cage. But the mocker is too impulsive, aggressive, and heedless in his wild, joyous moods, to live with smaller birds.

The troopial is a large, gorgeous, splendid bird, but with a long, cruel beak and despotic disposition, and must be kept without companionship, either in a separate cage or shut out by a sliding-door or partition. The same care bestowed on other birds, to keep them in good health, is necessary to his well-being. His diet mostly seeds—canary, millet, etc.—with his proportion of fresh, green food. Like most of the caged birds, he likes to have a share in the prepared food of the mocking-bird.

The bullfinch is easily tamed, and becomes very affectionate with his keepers, but is quarrelsome and cruel to any bird which he can master. So he, too, must live alone.

The goldfinch, chaffinch, skylark, Java sparrow, weaver, finches of many kinds, the canary, nonpareil, love-birds, cockatoo, and many others, are gentle, peaceable, and can live in a pleasant, social way in one large cage with very little quarreling, dispute, or mischief, and are all easily cared for, dividing their attention among the different kinds of seeds, and all ready for an occasional meal—worm, spider or fly—enjoying a bit of lettuce, chickweed or other delicate green thing, and taking a bite at the mocking-bird food by way of dessert or variety.

In short, regular habits, shelter from the midday sun, perfect cleanliness, with no exposure to drafts or currents of air, are the most important rules to secure healthy, happy and long-lived birds.

JUDICIOUS SEASONING.

Many excellent dishes are ruined through careless seasoning. No doubt it is natural for a housekeeper to feel that, having hired a cook, and paid without murmuring the wages demanded, she should be entitled to release from all care of the food except that of deciding what will be most satisfactory for each meal, and, perhaps, an occasional suggestion. But one must be blessed with a superlatively good cook, whose judgment can be fully relied on, if she do not soon learn that suggestions are not as effective as oversight.

Those who are careless or ignorant would do well not to marry before making some efforts toward a broader knowledge; or, if married, none so much need a thorough drilling in all that pertains to cooking as they do. The "cooking schools," if accepted in the right spirit, will be even more beneficial to the mistress than the cook. The great trouble is, that most of this class of married ladies never have true homes, of which they are the mistresses; but as soon as the bridal tour is accomplished, they settle at once into some stylish boarding-house, if they can afford it; if not, they are content with a second class—any thing rather than have the care of a house, and take upon themselves all the duties that belong to such care. Whether they make this choice from indolence, or because conscious that they are not capable of managing an establishment, it is not our place to judge. But one thing is very sure, if the women of the present day gave more time and labor to their households, and less to work or amusement outside of home, we should not hear so much of the nervous, sickly condition of young married ladies.

Every one needs a certain amount of active manual labor to insure good health; and, if entered into judiciously, there is no exercise so healthful as that which all, from the richest to the poorest, can have, if they choose, in superintending their homes and securing palatable and healthy food, either by oversight or doing it with their own hands. After a few trials a love for the work will spring up, a pleasure in watching results and knowing the

scientific reasons as well as the practical ones for the steps taken in the many combinations that, by attention and skillful management, she will learn belong to good cooking as well as to the truest kind of housekeeping; and when, like Milton's Eve, who hoped to entertain the heavenly visitant, she turns, "on hospitable thoughts intent," and ponders

> "What choice to choose for delicacy best,
> What order so contrived as not to mix
> Tastes not well joined, inelegant, but bring
> Taste after taste upheld with kindliest change,"

we think a sensible woman will find more real enjoyment in these duties than she ever did in balls or parties, and certainly with far less fatigue and strain on the general health and constitution.

But we were more particularly intending to speak of the necessity of care and judgment in seasoning every kind of food that is brought to our tables. There is far less watchfulness exercised in this regard than is necessary. It costs no more to have a dish properly seasoned than to have it done imperfectly. There is nothing more disagreeable than to sit down to a dish of soup so destitute of salt or pepper as to cause a doubt if the cook had not, by a careless mistake, filled the soup tureen with the rinsing of the soup kettle, instead of the soup she had prepared, or so abounding with salt or pepper as to be past eating. To be sure, one can manage to give some little character to any dish that lacks seasoning by adding pepper and salt; but nothing added after the dish is set before you can give a true flavor, while, if too highly flavored, no art can repair that defect. The same is true of meats and vegetables. It is bad enough to have food, particularly meats, come to the table half cooked and cold, but to have them also lacking in seasoning, or over-seasoned, is "adding insult to injury."

By a very little trouble one can have every variety of seasoning close at hand, with no appreciable cost, and then only need correct judgment and skill to have the table furnished with perfectly flavored food. Of course the tastes of those who are to partake of each meal must be consulted as far as possible and borne in mind by the mistress, and her directions for particular dishes, or her own combination of them, be varied in accordance with the laws of

kindness and hospitality. But no peculiarity in taste will do away with that amount of seasoning, if only pepper and salt, which is necessary to make every dish palatable; and no meal should be brought on the table that the mistress is not sure has received that care and oversight, through her, which only can insure success.

DRYING HERBS.

There is a great waste in many houses by neglecting to save and dry that part of celery and parsley which cooks, if not cautioned, will throw away. The leaves, coarser stalks, and the hardest part of the root of celery or parsley should be washed, drained, and dried in a cool oven. When well dried, grate the root and rub the leaves and stalks through the hands as fine as possible; then rub all through a sieve, and put into bottles, corking closely.

Prepared in this way, one can have on hand, at no expense, excellent seasoning for soups, stews and stuffing, which, but for this slight care, would be thrown in the waste-barrel. No housekeeper, who does not feel it a duty as well as a necessity to keep a careful oversight of every department, can imagine how much goes into this receptacle that is really valuable and could be used in her family to great advantage. The men who call for these barrels know very well in what houses the mistress's eyes keep watch over every department of her house; and their comments on their comparative gains in different families are often very amusing, when inadvertently made with so much emphasis as to be heard from the kitchen-door up to the hall or parlor.

WHO WILL SHOW US A PERFECT WAY?

Every mother has a theory of her own, entirely distinct from any of her associates, with reference to the mode in which she intends to bring up her children; at least every mother who gives any care or thought to the subject. There are some, we grieve to say, whose children "just come up," with no mother's hand to guide them, and

if they attain to a true and noble maturity it is only because God, unseen, leads them safely. No thanks to the mother if the world is better or richer because they were born into it. But if through bad examples and influences they step aside from the straight and narrow path into by and forbidden ways, and are ruined, woe to such mothers when they are called to give a true account of their stewardship!

But there are a large class of mothers whose earnest desire is to guide their children safely, always endeavoring to keep in view their highest good; yet no two of the most intelligent and earnest mothers think alike on this subject, or are ready to adopt the same theory in the management of their children.

One believes that she can do more for her children, and better manifest her love by dealing with them in the gentlest manner and influencing them through unbounded indulgence, confident that by this course she will so bind them to her that the temptations and lures set to catch and enthrall the unwary, will have no power over young hearts bound to the mother by these years of unselfish devotion, and the gratification of every demand. Those who thus judge and act, forget that their children are mortal—subject to all the infirmities that belong to human nature. If from babyhood every desire is unchecked, every whim indulged, they are sowing the seeds of selfishness and self-indulgence in soil naturally ready to bring forth a plentiful harvest. Such seed, if allowed to spring up unchecked, will choke and dwarf, if not utterly destroy, filial affection and every noble and unselfish aspiration for the happiness or good of others.

Another mother takes an entirely different view of her duty, and firmly believes that, for her children's good, prompt, unhesitating obedience must be secured at all hazards, even when it can only be attained through much severity. By this course she imagines that she will best manifest her love—a love which can insure the future well-being of her child. This theory is very common with young mothers; but, fortunately, after trying it too faithfully on one or two of the elder children, it is likely to be greatly modified in the management of the younger. The danger is that, when convinced they have erred by too great strictness, they may attempt atone-

ment by flying to the opposite extreme, and ruin the children by undue leniency.

One class of mothers start in their new life resolved to govern only by moral suasion, never resorting to punishment under any circumstances, however difficult to govern and rebellious the child may be. They argue that, if not exasperated or humiliated by punishment, patient teaching, loving entreaties and efforts to lead them by high moral motives into the right way, will be the most effective and permanent, giving their loved ones correct habits, and bringing them into maturity noble men and women.

With very many dispositions this mode will be excellent; but there are as many that can not be thus led or controlled. They are spoiled if much indulged, and, not being finely or delicately organized, but of a coarse nature, they grow restive and rebellious under any appeals to their moral natures. With such characters sparing the rod may spoil the child.

And so each young mother theorizes; but how few, as the babe quietly but rapidly grows out of her arms, keep the last hold of their early ideas of what constitutes the perfect way! Our children pass from infancy to childhood before we dream of it, and thence from youth into man and womanhood; and, looking down for the little ones, we find standing by our sides our six-feet sons, and fully-matured and blooming daughters. When each at maturity develops some peculiar traits, totally unlike any conceptions the parents had formed of the child in its earlier life, they find no provision in their plans adapted to this strangely metamorphosed being.

Ah! if mothers could be endowed at the birth of their children with wisdom to read each one's character correctly, and suit their training to these peculiar characteristics, what a blessed thing it would be! But we grope in the dark, never sure that we have struck the right path in which to lead our children; or, if it proves right for one, uncertain, if we follow it in guiding the next, that we shall secure the same favorable result. We pray weakly and doubtfully for more light, for some revelation that will make our course certain of success. If we fail, "we faint beneath the burdens we are bearing," when a course that promised the most flattering results brings our children into trouble and wrong, and we

learn, too late, that it was through our weakness and mismanagement. Then, looking forward to the guidance of the babe in our arms, and grieving over former mistakes,

"The heights that we must scale look cold and frowning,
Sweet seems our maiden calm;
E'en while we think to touch the victor's crowning,
We clasp the martyr's palm.

"Oh! sisters, let us trust our God more truly,
We win our strength through pain;
Striving to work as in His sight more purely,
We shall not toil in vain"

LADIES' EXTRAVAGANCE.

Much has been said and written on this subject, often very wisely—and, no doubt, some severe criticisms have been richly deserved. But is extravagance confined entirely to the "weaker sex?" We are told that business men have failed and been totally ruined in "mind, body, and estate" through the reckless expenditures of their fashionable wives; and, doubtless, this is many times too true. But there are two sides to every story, and two ways—if not more—by which the causes of all wrong-doing can be justly explained, or estimated. If the causes were always honestly searched for, it might not so often be "the woman which thou gavest me" who wrought the ruin. Are there not cases on record where the husband's expenditures for his own selfish gratification and pleasures had quite as much to do with his financial wreck, as his wife's? Are not the faults on either side about equally balanced?

A wife's rich dresses, her velvets and expensive laces, her diamonds of the finest water and fabulous prices, her "loves of bonnets" wearied of, and cast aside for some newer and more fanciful device, while still fresh from the milliner's hands, are doubtless woefully extravagant. But if a girl has never had a lesson in

economy, from her birth, but rather has been taught to feel that she has only to stretch out her hands and they would be filled, how can she be expected after marriage to know how to care for her household in a suitable manner? Why should she give any thought to the amount spent daily? Why hesitate in making any purchase, however needless or wildly extravagant, if the fancy seizes her? How money is made, what brings it in for her use, are questions she never asks. Why should she? As far as any teaching or explanation she has ever had, she may suppose, if she thinks about it at all, that it grows in the woods, and her husband goes out every morning to gather it for her use. No education before marriage has ever taught her any more reasonable idea. And after marriage her husband gives her no information about his business; never talks to her about it, or consults her about their mutual expenditures. The same cruel love and indulgence, or indifference, follows her into her married life, and she is left in utter ignorance of all practical knowledge. A butterfly! But under skillful education she might have been a noble specimen of womanhood; one on whom the hearts of husband and children could safely rest; who would do them good, and not evil, all the days of her life; who should open her mouth with wisdom, and look well to the ways of her houshold.

But having been defrauded in early life of such training as every girl, however rich, ought to have, why should all the blame rest on her if extravagance cripples, and at last destroys, her husband's financial operations? Was the fault wholly hers?

But this is not all. Suppose, after the first few weeks of married life, her husband begins to urge upon her a less lavish expenditure, assuring her that his business will not warrant such reckless waste; though her love for him—for it is but charitable to imagine that their union was from genuine love—may cause her to pause and endeavor to follow his wishes, yet the way is dark, and no one comes to lead her through the darkness into light. How shall she make the first right step? She presses forward for a higher standpoint, slips backward to the old place, and tries again. She can not yet catch the thread that will guide her safely. Now, suppose while she is thus groping in the dark, earnestly but ineffectually

seeking the right way, grieving because she makes so little progress, she obtains, in some mysterious way, a slight insight into her husband's mode of practicing the lessons he would fain teach his wife. Her mind is beginning to wake up; her vision is growing clearer. She learns to reason about some of her husband's proceedings that hitherto she looked at as something which *must be*, if one would move in good society. She knows that he keeps fast horses, attends the races, "enters" a horse, or bets on some favorite on the "course." Well, what of that? He belongs to a club—several, perhaps, and is often away at club dinners, or excursions. Well, why not? He smokes the best cigars, has a large collection of expensive meerschaums, and his smoking-room is lavishly supplied. He is a lover of fine jewelry, a connoisseur in works of art, and happiest when his house is full of them. He feels justified in spending large sums in the gratification of these various tastes, and seldom stints himself in any of the gentlemanly pleasures which appear to him as reasonable indulgences.

Hitherto his wife, if indeed she ever gave a thought to these portions of her husband's daily life, felt it was a necessary part of "good society"—and not to be gainsaid or resisted. But if the day comes when money is not as easily obtained as at first, and the husband sees with alarm breakers ahead, it will be his wife's extravagance that he will first see through magnifying glasses, and not his own. His gentle remonstrances or stern reproofs may not so unseal her eyes that she will be able to draw a just comparison between his expenditures and her own, but how can she help a feeling that she is rather unjustly censured?

If failure comes upon them, no doubt the world—her neighbors and pleasure friends—will be the first to judge the wife severely, and spend their deepest sympathy on the bankrupt husband.

A woman's extravagance is less skillfully concealed than a man's. Hers are usually in matters of dress and adornment, all on the outside; and we may be sure if trouble and loss fall heavily, every yard of velvet, or rich lace, every diamond, or gem of purest ray, will be counted and appraised at the highest value, and credited to the extravagant wife, and all the works of art that adorn their house will also be set down as unanswerable proofs of her wild

expenditures. This is cruelly hard; and the bitterest part of it is that the husband also takes part in the superficial account of his own shortcomings, and, even if loving tenderly, sets down the misfortunes to his wife's mistakes rather than to his own, not even ready to halve the account between them.

But we think husbands make their first mistakes in their reticence on business matters. Every husband ought to take his wife so far into his business confidence, that they can freely speak of the daily habits of expenditure, and endeavor to live so unitedly, that, when misfortune comes, they will stand together—each accepting honestly the just portion of blame, and both, in loving partnership, profiting by the past mistakes, and eager to use all their power toward building up their fortunes on truer, firmer foundations.

No one can more clearly see the mischiefs that must follow the idle, thoughtless extravagance of the present day, and which seems to be largely on the increase. We hear the cry of "hard times," and are almost hourly besieged by the poor and suffering who know not where to lay their heads, or find food for their starving families, whose earnest petition is for work, not alms. We turn heart-sick and despondent from sorrows we have not the power to relieve, to see the stores thronged with the multitude who spend their money needlessly, just for the pleasurable excitement of "shopping," to pass away the time which hangs heavy on their hands while waiting for the next ball, party or opera. Oh, if they would take that wasted time and money to help the poor! If in this way they could see what money can do to bring light to eyes faded with weeping, hope to hearts despairing, they would soon learn that the pleasure of making others happy, earning the blessings of those ready to perish, is infinitely better than any found in their usual round of enjoyment.

All this we clearly understand, and know full well that the present extravagance of many fashionable ladies leads direct to later days of sorrow and hardship; but while sorrowing that this should be, we beg that all the blame of failures and ruin should not be attributed to women. We have little sympathy with some of the strange movements of the so-called "strong-minded" class of women; but we do believe that each, in their appropriate sphere, may

and can be equal—equal in executive ability, in the wise administration of the duties belonging to their own departments, and equal—fully united—in the home duties. And we desire to see each willing to bear the full share of blame, when both are really culpable, for such mistakes as threaten disaster to their united kingdom.

BEGIN WISELY.

Before beginning the new life, and establishing the new home, young married people will be wise if together they define the metes and bounds of the allegiance they intend to give to fashionable life, and the style that the more ultra think an important part of the etiquette which governs the most genteel society. By refusing to conform strictly to fashions that their sober judgment can not approve, they will show that they intend to be governed by sound, good sense. Those fashions that, for a few weeks, are quoted as essential to real gentility are soon discarded, to give place to fresh absurdities.

The fashions of this world pass away. They are as evanescent as the morning dew; bright and fascinating, perhaps, during their short reign, but sinking from sight and memory when a new light supersedes. But farther than this the comparison no longer holds true. The dew sinks into the earth before the brighter glories of the morning, not as worthless, but to invigorate and sustain the tender germs of beauty that lie folded in slumber beneath, waiting the sun's signal to burst their bonds, and spring forth to cheer and bless the world. But styles and fashions go out and are forgotten, leaving no rich or grateful memories behind.

Those who are blessed with that good solid sense that will enable them to form their judgment of fashions so correctly as to modify their use of them, by that innate sense of the fitness of prevailing fashions to their means, or their own individual peculiarities, are the

ones who are the most certain of abiding peace, and home happiness clear down to old age.

But those who put their trust in blind guides, and feel bound to follow each change of fickle fashion, little dream how, at the very beginning, they are squandering the sweetest part of early married life. They rush on blindly, never pausing to reflect that if they would realize how holy and sacred a thing this young life may be made, or understand that God has put it into their hands to develop, so that if nourished tenderly, prayerfully, all through life, it will grow brighter and brighter, until their eyes, closing on this beautiful world, shall open to more transcendent glories above; or, that if they neglect and lightly value it, they will find it a cold, unlovely thing, bringing no joy here, but a terrible burden of hidden talents, and neglected trust, for which they will find it impossible to account when the Lord comes to make up his jewels—to separate his own from those who are bidden to depart.

"But my husband likes gay society; is more governed by the laws of fashion than I should be, were it not to please him."

It rests with you, then, chiefly, dear child, to quietly show him how bright and lovely you can make his new home, without increasing the expenditures unwisely by outside gayety. No one will be happy who expends beyond her husband's means. But, without extravagance, with far less expense than must be incurred in a constant round of gay society, home can be made so happy in a short time, that few thoughts will be given to the fashionable, expensive gayeties outside. Don't imagine that we advocate an unsocial life, or a selfish one. By no means. Frequently claim an evening for yourselves, but often have also one or two choice friends to lunch, to supper, or to spend a pleasant evening, enlivened by such amusements as are congenial to all. But very seldom feel it necessary to entertain so many at once as to weary you, past all enjoyment, or embarrass you in your endeavors to mete out for each one a portion of your own especial attention, in due season.

In very early married days it is seldom that frequent gatherings of ten, twenty, forty, fifty, will not make the purse too light for economy; so that the expense must be met by curtailing many of

the little every-day niceties and attractions that one must have to insure a happy home. Certainly, the enjoyment gathered by filling the house with guests, however dear each individual may be, can not give the highest enjoyment to any one; but for the young mistress it must be a burden, however skillfully she may be supported, that is a weariness to the flesh.

But this is not the most critical part of such entertainments. We are in nowise now criticising those who are so abundantly supplied with this world's wealth that they feel no necessity of giving the subject close attention through any economical reasons; or only so far do we have them in mind, or hold them responsible, as we see their example a temptation to others who should not attempt to follow. It is the future happiness of a young couple that is in jeopardy if they spend on their bridal outfit, their marriage entertainment and receptions, more than they have any right to use; and, by so doing, know that they will be crippled for a long time in their endeavors to replace it; or, should sickness or disaster, which are common to all, overtake them, they will find it impossible to retrieve that one act of misjudgment made at the command of etiquette and against their own good sense, or through a false pride lest they should appear unable to vie with others.

That one false step, from these causes, has destroyed the happiness of many young people while yet it was but in the bud.

We give one instance to explain our meaning more clearly, and it is only one of many which are brought to our notice frequently, and for which our heart aches on account of those who have so nearly been shipwrecked by this blind folly. It is sorrows that we are powerless to assuage that has led to what we have written.

A bright, sweet-faced young girl, as we supposed, called, begging us to give her advice in her great distress. Little by little we learned the whole story; one so often told, that we can not feel we expose any one person or violate a trust by giving the chief points in her story.

She had been married but six months, and, from her statement, no fairer prospects of happiness could be asked for. She had no wealth, and the husband, though he had laid up a few thousands, knew he must depend on an industrious, economical life to keep

them in simple comforts, with few luxuries. Both were united in their intentions to do so.

But her sisters had married richer men; and her husband's pride, supported, no doubt, by her own, would not consent that his wife's outfit and wedding arrangements should fall below her sisters'.

"As soon as all this excitement is over we will soon save enough, by extra economy, to replace the sum I shall be compelled to draw from my savings for this occasion; but it would look very mean in me to consent to a simple wedding, when all our friends know how stylish your sisters' were."

Well, the wedding over, they must, of course, take a bridal journey, and to some stylish place, and then, "we must settle down to a more sober life."

"Oh! but on our return we must have 'receiving days,' you know, and some few entertainments."

"Yes, I suppose so; but I tell you this is using money fast. However, just for this occasion we must go through with it."

But when two or three months had flown by, the bills, which had been allowed to run on without being examined till they "settled down," presented an array of figures that was appalling. When all was paid only a few hundred remained in bank of a sum that was to be untouched till needed to meet such emergencies as all are liable to.

Sour looks, recrimination and tears ushered in their first real housekeeping; the husband grew morose and desponding, though working as if for his life; the wife was either irritable, or in tears. Feeling that the mistake rested with both, she could not silently listen to his assertions that but for her wild desire to be in fashion this great trial need not have come upon them.

Then his health failed from such incessant application to business, and he could find no lighter employment. Their little home must be given up, and the many pretty and valuable articles sold to secure them two small rooms, and such care as the husband needed; and as he became unable to take care of himself he repaid her nursing with abuse and reproach. In this hard school she began to see that a little more firmness on her part from the first, less desire to stand well in that world where her sisters shine, might

have enabled them to steer their bark beyond the quicksands, and into safe waters.

In this state of mind she came to us. What could we do? With heroic patience she might, in time, soften her husband's asperities, and bring him to see that in this mutual calamity they had been equally at fault; and that knowledge should prove salutary, so that out of the darkness and suffering, God might bring back the old love and mutual forbearance, making both watchful against touching the sore spot with an unskillful hand. Such changes have been, and poverty has then proved a blessing—but not often. There is no safety in trying an experiment which so often causes misery all through life. Happy if the clouds lift, and the sore hearts become gentle and tender before their feet go down into the cold river from which there is no return.

"TRAIN UP A CHILD IN THE WAY HE SHOULD GO."

A text so often quoted and so well indorsed, should be eagerly accepted by parents as the rule by which they will endeavor to train their children, if for no other reason than because of the promise that the children, thus guided, shall not depart or turn aside from it when they arrive at years of discretion. But how few of the children all about us give evidence of having been thus trained! What is "the way" in which they should walk? No parent who reads God's Word can have a doubt. His commands are plain and explicit. Next to obedience to God, and holding him in true reverence and honor, are they not commanded to train their children to obey and honor their parents? Yet how little is seen of true obedience and loyal respect!

No one doubts but children love their fathers and mothers, unless among the lowest and vilest. Even that class have a kind of brute affection; and among the refined and cultivated some manifest a love that is almost morbid in its intensity. Yet even such

emotional children are not always the ones who regard, or are taught to regard, high respect and prompt, unselfish obedience as indicative of the highest affection. In olden times parental discipline was often, no doubt, carried to an extent of rigor that was unnatural, unjust, and sometimes wickedly cruel. Openly expressed tenderness or caresses were seldom indulged in, because, in many cases, it was feared that through such indulgence on the parents' part the child would lose some portion of the awe supposed to be absolutely binding in its approach to the father or mother.

But instead of softening and slightly modifying the ancient mode of child-training, we of modern, and, as it is claimed, more enlightened times, have swung clear round to the opposite extreme. No doubt unjustifiable severity is sometimes still practiced, and in the worst forms. But we more frequently see too much leniency on the part of parents, and to such an extent as to tempt, if not dare, a naturally trusting, loving, gentle child to become unruly and disobedient. The little ones rush into a room like young whirlwinds, scattering books, hats, and over-garments in wild confusion all through the hall, and into the parlors, and then, with boisterous tokens of affection, throw themselves upon the mother, expressing the most rapturous love.

All right so far, though a more quiet, gentle expression of their emotions might have been more acceptable. But suppose they are now requested to do some trivial thing for this mother, so fondly loved, or go on an errand which would keep them from play a few minutes, how many children with smiling, cheerful faces, without a frown, a word of complaint or expostulation, without whining or sour faces, will obey with cheerful alacrity?

Where rests the blame? Who has trained them to put their own wishes first, to make self the central idea, and to expect that all considerations—outside of their own desire—shall be made secondary, or be trampled under foot?

With many parents it is not so much because their unwise love shrinks from denying their children any thing that their hearts crave, as because they do not like the trouble of enforcing obedience. Perhaps, having been trained themselves to habits of selfish indulgence, they are too indolent to give "line upon line, precept

upon precept." "It's too much trouble; I've told them ever so many times to put their things in place when they come in, to enter a room more quietly, to obey cheerfully and promptly, but I might as well talk to the wind. I give it up. I mean to have a good time, and not be kept upon the worry and fret all the time. They may just have their own way. We shall all be happier. I presume they'll change, and come all right when they grow up."

Then a slight twinge breaks off this long list of explanations or excuses, and the remark is added: "After all, if I did not believe that children are better in the end for winking at their shortcomings, indulging them in all their childish whims, I should take up the cross, and keep them in better order."

The conscience is pricking them, and this is a "sop to Cerberus."

We certainly do not believe in finding fault constantly with the unending mistakes of children. We think some young mothers—conscientious mothers—make many mistakes in *over-governing*, especially, the first child; but, seeing that they kept too tight a rein, the younger children are spoiled by an attempt to atone for the early misjudgment. We do not believe in severity or over-strict government, but we do believe in exercising good, sound common sense. If a child of two or three years is taught to pick up things that he has thrown down himself, instead of seeing that some one else is expected to do it for him, it will soon become second nature, and will be done instinctively, as much as carrying his food to his mouth instead of putting it into his ears or on the top of his head, as a three months' old baby might do, because he knew no better.

Just so, by persistent reminders, by seeing that he could receive no answer, or would be quietly sent from the room, can a child be taught that he is to enter a room quietly, and if another is talking, or if company is present, he must sit down, and wait for a pause before he makes known his request. It takes time to "train" children into good manners, but it is surprising what apt scholars they can be made by perseverance and gentle firmness, without fretting or scolding.

But aside from moral training, nowhere can parents show their wisdom, or their folly, as in their skillful training, or unwise neglect to train, their children to behave decorously and unselfishly at the

table. It was of this one item in a child's education that we intended to write when our thoughts wandered off, unconsciously, and took us a little out of our way.

We know of no more pleasant sight than a company of orderly, wisely trained children at the table; and when such young folks are kept to a second table when "company comes," we think the guests are deprived of much pleasure. On the contrary, nothing is more revolting, setting every nerve quivering painfully, as to see children at the table disputing selfishly, trying to get a little better piece than their brother or sister, or clamoring to be helped, instead of waiting for their turn, standing up from their chairs, tip-toe, trying to reach across the table for something, too impatient to wait till the proper attendant could help him. And, after being abundantly helped, what more annoying than to see and hear them eat like half-starved animals, swallowing food half-chewed, and then rushing from the table without asking to be excused, without folding the napkin, or setting back the chair? Such habits are an offense and discomfort to beholders, and a cruel wrong to the children—because when they come to maturity they will be disagreeable; and, if sensitive, will see their own deficiencies as compared with others better trained, and be made sour and unhappy, or reckless and defiant—setting at naught all the customs of good society—and, at last, be ignored, ostracized from the best society, when, but for their parents' neglect, they might have shone its brightest ornaments.

With whom rests the blame?

TRUE COURAGE AND SELF-CONTROL.

With some, real courage and self-control are natural; almost, if not quite, instinctive. They do not appear to know what fear is. Still, every parent knows the great difference that is seen in the same family. One child rushes into all kinds of danger, apparently without any fear, yet will be greatly excited, and manifest no self-con-

trol; while another shrinks from danger, but, if it comes, will be far more self-possessed than the fearless one, making no outcry, and openly manifesting no agitation. This last characteristic is, perhaps, less frequently shown in younger children than the bold, courageous, almost aggressive bearing.

We doubt if true courage can be as successfully cultivated as self-control. A man is expected to be courageous; and, if he fails, sinks greatly in the world's estimation. Women, unless of a morbidly sensitive temperament, have more self-control than men. If it is not natural, few reach mature age without seeing that the necessity for self-possession is important and necessary. It usually comes through experience, and often repeated failures or great suffering. Perhaps it would be wiser to call it endurance rather than self-control; yet are they not nearly akin? To endure is to exercise self-command under suffering or trial. And our object is to impress upon our readers, especially mothers, the value of these two most important traits of character. Few understand or more than half comprehend the treasure they possess if they are gifted with either of these admirable qualities; but if the two are found in one person, they give their possessor a power which can only be sufficiently estimated when brought into full action by some unforeseen circumstance that calls for prompt and effective use of these qualities. A vast amount of property is destroyed, or, it may be, life itself put in jeopardy for the lack of this most desirable combination. Those who are naturally thus endowed should guard this valuable possession with unceasing care; and mothers, seeing that any of their children are deficient in either qualification, should spare no effort to cultivate it carefully.

For the lack of a fair portion of courage and self-possession quite as many lives are lost as through the threatened calamity. Not holding themselves under control, they lose all power of acting reasonably, and often rush blindly into the danger they seek to avoid.

When we say that, with some, courage and self-control are found from earliest childhood, we don't mean that this development, while a child is very young, is apparent in any remarkable degree; but all know that in large families, or in a village where many

children are thrown together, they soon, and perhaps without any words, recognize their leader; and, in times of trouble or danger, look instinctively to that one. It may be that he—or she—as keenly realizes the danger as any of the party, but, in spite of fear, they do not lose self-possession, or the power to face whatever has made the others wild with fear.

We have no doubt that in many children this trait has been buried or destroyed by injudicious parents; or, worse, by unscrupulous servants. If parents are naturally timid themselves, and have allowed this weakness to master them, until incapable of exercising the slightest self-control, it would be singular if their children did not grow up weak and irresolute—unable to keep calm, or act judiciously at the very moment when their own comfort and safety, and that of those depending on them, is in jeopardy. If parents could realize how the young are molded and governed by their own conduct, they would labor hard to secure at least the semblance of self-government when in their children's presence.

We have known ladies scream, or become almost convulsed, if a bug or worm was found on or near them; or lose half the pleasure of a summer in the country through such weakness, because of the busy insect life all about them; afraid to touch a rose lest a tiny, neat little worm or a rose-bug should have sought food and shelter among the leaves.

When mothers betray such weakness it is not necessary to see their children to understand that they will naturally be equally foolish. Now and then we may see one more sensible in a family where the children are brought up to see such weakness daily manifested by the mothers. Or, on reaching the years of maturity, the germs of self-control or true presence of mind, that have been choked and dwarfed by the mother's weakness, but fortunately, perhaps, kept alive by the father's teachings, or their own inherent strength, may develop all the nerve and self-control necessary to make a noble character.

We have been led into this train of thought by an account of the courage and self-possession of a lady in New Orleans under circumstances of the most startling character, when a moment's wavering or weakness would have cost her her life. She was a woman of

wealth, with rich surroundings and costly adornments. She was that evening alone, with only one servant in the house; and, laying aside some articles of jewelry and replacing them in their appropriate cases in her bureau, she chanced to raise her eyes to a mirror opposite. From a night-lamp standing on a table in the opposite corner she caught in the mirror a reflection of the figure of a man curled up under a center-table, but hidden from all sight save what was gained by the reflection cast in the mirror from the lamp on the floor. In this way she saw one of the hands resting on the floor. This hand lacked two fingers, and she at once suspected that close by her was a most notorious character, whose crimes and depredations had been the terror of the neighborhood. Suppose she had screamed or made a hurried effort to reach the door? That would have sealed her fate. But, forcing herself to be calm, she finished what she was doing at her bureau and then, quietly stepping to the bell, rang for the one servant then in the house.

When the girl appeared, she said: "Jane, I wish you would step to Mr. —— [naming a jeweler in the neighborhood], and tell him I wish he would send me back, immediately, the diamonds he has been resetting. They are the most valuable of all I have, and I feel uneasy to have them out of the house, and not under my own care another night. Tell him to send them to-night, even if not done. Wait; I'll write him a note."

So this brave lady seated herself with apparently the greatest composure by the very table where the ruffian was concealed, and wrote. We can readily imagine that she wrote not for her diamonds, but for help. The girl took the note, and alone—absolutely alone in the house—save with the fearful object concealed under the table, this lady waited. To avoid awakening the least suspicion she busied herself in putting various articles away in different parts of the room, even humming a tune or little snatches from some opera. We can well imagine that she dared not attempt to sing lest her voice should betray her. How fearful must have been that waiting! How full of joy and safety the sound of the bell when the girl returned! But she came not alone. Her friend promptly answered the appeal for help, bringing with him the police, and the man was captured before he had time to defend himself.

This story speaks for itself, and, more forcibly than any thing we could say, teaches the importance of cultivating courage, governed and held firmly by self-control or presence of mind.

ARE CHURCH FAIRS BENEFICIAL?

Undoubtedly some church fairs are not. Fairs in which wrong dealings are winked at are held in abhorrence by all honest persons. To follow those who refuse to buy, through the crowd, persistenly urging them after they have once declined, is a breach of politeness. The directors of the fair should act as a police force, watchful and vigilant to detect the beginnings of evil. If they do their duty, any equivocal act will soon be detected. Among the young, particularly, a desire to make rapid sales, and have their receipts swell beyond some other tables, sometimes tempts them to resort to various schemes to effect their object; and if this propensity is not nipped in the bud, a fair may exert an evil influence that will far overbalance the good that may be obtained.

Raffling should not be tolerated for a moment, or any device akin to a lottery. There are a thousand ways by which these chance operations obtain access to some of the departments in a fair, and it will require determination on the part of the directors to keep them out. Grab-bags, cakes with one ring, where a dozen children buy a piece, hoping to get the ring, and turn away disappointed and envious of the lucky one; trees with little bags filled with candy, in one or two of which there is a ring or some ornament—each of these is a species of gambling. Every child who spends its three or five cents at the grab-bag hopes to be the lucky possessor of something worth more than the money put in. If he finds the money spent for naught, he goes away justly feeling that he has been cheated; or, with the rashness of the true gambler, continues to risk the few pennies that he has, hoping for "better luck" next time. In that seemingly trivial operation he has, perhaps, laid the foundation of a habit that will be his destruction.

And the same is true of the one who has been over-successful. He tries it again, and is not likely to forget that, in a trial of chance, he was the lucky one. The same is true of the ring-cake and the candy-bags, where the purchaser has a chance for a ring. We have heard parents complain that their children spent all their money buying the candy-bags from the trees, hoping to get the ring, but came home crying because they had spent their money for naught.

A great dishonesty is often practiced by refusing to make change for things purchased. We were told a few days since by a gentleman, that he went into a fair a short time previous and made a purchase of two or three dollars' worth from a very bright and intelligent young lady, and, having no change, handed her twenty dollars. He waited a few moments, then said:

"I'll take my change, if you please."

"Oh! we give no change," the young lady replied.

"Now," said the gentleman, "I have done with fairs. They all tend to make those engaged in them dishonest. I would never trust that young lady again."

Taking "chances," or buying articles "on shares," are two very different things. The "chance" is neither more nor less than a lottery—a species of gambling. Buying on "shares" is a strictly commercial transaction, a partnership concern, when each one who buys a "share," is so far the *owner* of the article, has just so much invested in it, and when, from the beginning, it is understood that. when purchased, it is to be presented to some one upon whom they agree, each one who buys a share or helps to pay for the goods is *a joint donor* of the article when presented.

The other objection to a fair, the overwork consequent on a fair, is plausible. The work is somewhat hard; but hard work is not injurious unless carried to great extremes. Some daily employment, requiring energy, perseverance and regularity, is absolutely necessary to good sound health, and the best tonic for those in feeble health.

Every year many of our ladies, not yet touching even middle age, break down from nervous exhaustion, and none of them because of hard labor. On the contrary, it is because all household labor is delegated to servants, and the mistress devotes some part

of her time to fancy work, or dressing her children like French dolls, and the rest, and by far the largest portion to parties, fashionable calls, balls, the opera or theater—out in heated rooms in exciting entertainments till late hours. No hard work for fairs or household employment will so strain the strength, break down the nerves and wither the roses, as a life of fashionable excitement.

We have just passed seven weeks of steady work for a fair, which was not, so far as close and constant supervision of the managers could prevent, liable to any of these criticisms. It was carried on honestly. Goods offered for sale were sold at the regular retail price—some were sold for less. If there was any thing sold by chances—any thing that approached raffling or lottery—it was so done as to be unknown to the managers. There was no ill-temper, no envious spirit manifested. The work was done as it would have been in a well-organized family. They were all working for one cause, not ambitious to have their portion of the work recorded with the "highest mark," but content that the whole should be a triumphant success. There was no chance for collision, and no indication of a disposition for any. Many new friends were made who will never be forgotten; many old friendships were made brighter and stronger by the daily intercourse of seven weeks, and the crowning success at the end.

No doubt there have been many fairs as successful and as free from any approach to wrong means for securing success, but we doubt if there have been many which will have as fragrant memories, which have been so free from unfair sales, so free from any heart-burnings and ill-temper. We believe we shall all be the better in our church relations, closer in our friendships, more ready to work together in every good cause; yea, cordially and heartily looking forward to, or seeking for, something to bring us all together again, ready for every good word and work.

If there were no greater good resulting from a fair than bringing the congregation of a church into close and active sympathy with each other, and also with sister churches who are ready to co-operate in the work, it would richly pay for all the trouble. Let it once be fully understood that the work will be so directed, that no element unworthy of an honest nature and a Christian character

will be tolerated, and it will not be long before they will be known and patronized by all as being a healthful and beneficial institution; not so much for the funds raised, as for the social, kindly feelings secured.

KEEP YOUR DAUGHTERS NEAR YOU.

Mothers should not only be the guardians of their daughters, but their most intimate companions and friends. We have long felt that parents make great and sometimes ruinous mistakes by sending their daughters away from home during the latter years of their education, delegating a mother's watchful care to strangers or boarding-school matrons and teachers, who, however excellent, must, of necessity, find it impossible to give any special supervision to each scholar among so many. This idea, of course, presupposes that the mother is what her Maker designed her to be—the watchful guardian of her daughters' health and characters. There are cases, to be sure—and, alas! too many of them—where the mothers are so thoroughly devotees of fashion that their children are a secondary consideration. The only hope for the future usefulness and stability of the daughters of such mothers is to remove them as far from maternal influence and example as possible; and that is, indeed, a forlorn hope.

But although "quite the style" to send our girls away from good homes and a good mother's watchful care as soon as they have mastered the rudimentary part of their education, it surely can not be the wisest plan. To suffer our young and as yet immature children to pass out from under home care and its formative influence just as they have reached that critical period in their lives when they are the most susceptible to all good or evil teachings, is a fearful experiment. This is the time when they can be easily built up into a true and noble womanhood, or led into by or forbidden paths. Their quick impulses or unregulated imaginations, at this age, tend to all kinds of sentimental extravagances, which

only a mother's watchful love and unslumbering care will detect and judiciously modify or dispel.

We do not mean that mothers should themselves attempt the education of their daughters at home. Under the wisest regulations, home is not the best place in which to study, or the mother, with all her other cares and constant interruptions, the most successful teacher as far as book-teaching is concerned. But mothers can not afford to have their girls far away from them. They should be their loving companions when the school hours are over for the day, and ever ready to join with them in such amusements as are necessary for healthful change and needful recreations. A mother should know the habits and characters of those who are their daughters' chosen companions, or who may, at times, be desirable escorts on certain occasions.

But, instead of this, our girls are taken from home and all its best influences, and placed among strangers. No mother can hope to secure such hold on her girls, through their affectionate remembrance of her, as will best guard them from many of the dangers that beset the unwary and inexperienced, or save them from the snares that are too often concealed to entrap our loveliest and our best. We surely should be able to furnish schools of the highest order so near us that our children can, after school hours, have the comforts of home and be shielded by paternal love.

Nowhere do we see greater cause for anxiety and alarm than for those daughters whose mothers find it necessary to leave their homes during the winter months, and often for a longer period, for their health's sake. Many who are thus banished have the wisdom to take their children with them, to be placed in the best schools in the vicinity of their own boarding-places. Indeed, many mothers, to secure a good education for their daughters, and yet keep them under their own care and daily supervision, take rooms where they can be sure of the best facilities for education, and make a temporary home there.

What we greatly desire, and what we see no good reason to prevent, is that those who are interested in all educational improvements, and have wealth to secure it, should give a portion of their influence and money to establish schools in our own land, placed in

locations where the invalid flees for refuge from Northern snow and cold.

Being every spring a few weeks in Florida, where invalids "most do congregate," we have had frequent occasion to notice how desirable some such establishments must be. Many mothers, who must spend their winters in this soft, balmy air, are compelled to leave their daughters in schools at the North, or bring them with them here, and thus break up their regular studies for six or eight months at a time. We all understand how undesirable such interruptions are; how it must waste a large part of the school life, and break in upon habits of thorough methodical study. Such habits, once interrupted, are not easily resumed.

No better work could be done, and none more remunerative, than to establish first-class schools and seminaries in this section of our country. Florida is now clearly recognized as the home, or best resort, for our Northern invalids. If, therefore, mothers find that they can come here, where husbands and sons can so easily join them in case of need, or for occasional visits, and can bring their daughters with them, without interrupting their education, it will remove a large part of their anxiety, and give them a better chance for regaining their own health. When such schools are placed all along the banks of the lovely St. John's—where the beautiful villages now springing up, only need good schools and hotels, or first-class boarding-houses, to make them perfect—there will be no longer a necessity for so many of our best citizens going into exile in foreign lands; for they can find all, and more, in their own country, and near their own kindred. For salubrity of climate, beauty of scenery, pure and balmy air, and choice fruits and flowers, Floirda rivals Italy.

> Where can you find in foreign land
> So dear a spot—so sweet a strand"

as on the St. John's River on one side, or the St. Mark's on the other, or through the interior among the numerous large lakes of this State?

Now, let the best boarding-houses, the fine hotels and first-class

schools be established here, and our native land can offer attractions and advantages not to be surpassed by any other country under the sun.

GROWING OLD.

If we truly believe that this life is simply a preparatory state, where we are being fitted to enter another and better life, why should we shrink from the approach of old age? It but brings us nearer to the full enjoyment of that blessedness for which most are supposed to be striving. Those whose own hearts bear witness that they are not living in this probationary state, in a manner that will insure them an entrance to the joys of that better world, have good reason to dread old age and all its infirmities; for they realize that these are warnings of the coming change, when the acts of their whole lives, the thoughts of their hearts, not even manifested by word or act, will be fully revealed.

But even among the best, whose lamps are kept trimmed and burning, this repugnance to growing old is frequently manifested. This arises, no doubt, in part from the uncertainty of what that change will be, knowing that if they have lived aright it must be most blessed, yet still shrinking from the first step into this unknown, untried future.

Said a little girl, just hovering between life and death: "I am willing to die, mamma; but if you could only go with me, and lay my hand in His, mamma, for I am not really *acquainted* with Jesus; and you know how timid I am about meeting strangers, even when I have learned to love them."

That little girl touched the true reason why good people so often

"Stand shivering on the brink."

But that shrinking from the untried is not all. As we grow old we look back on the past and see much that we could have done

better; so much good that we have carelessly neglected to do; so many of the sorrowful ones that we have passed by without giving, at least, sympathy; so many sick that we have not ministered unto; so many fallen, to whom we have not stretched strong and willing hands.

It is this long list of mistakes—if not sins—that robs old age of the sweet peace in watching for the great change that is near.

Ah! if we could go back, still holding in our hearts the clear memory, the full consciousness of our mistakes in the past—every neglected duty, every unkind act or word—and have the privilege of making a second trial, of living again the whole of the three-score years and ten, or at least from the period when first capable of judging between right and wrong!

But even with the first life spread out, ever before us like a chart, should we really improve upon the past? God only knows. And that He does not grant this second trial, argues that it is not for the best. He who doeth all things well, doubtless sees what the result would be.

But this is idle speculation. The word of God, the whole map of human life that lies spread out before us, our own knowledge of good and evil, the good deeds of those that have gone before, or are now making the world brighter and better by their daily walk and conversation, all are ready to guide us safely, and keep us from stumbling, if our hearts are open to such influences, and really desirous of doing our duty.

Anxiety for children not yet established in life is another cause for our reluctance to accept old age and its infirmities, when it begins to herald its approach. We are not ready to have our children grow out from our care, our restraining influence; and even when well settled, and leading a life quite independent of us, we are not easily reconciled to the weaknesses and feebleness that are the usual signals of the advancing old age. It is hard to believe that we are no longer necessary to the comfort and well-being of our children. It takes years to realize that they have grown away from us; that, for all practical purposes, we are no longer needed by our children—loved and honored, to be sure, as souvenirs of their youth, but they find themselves able to pass on successfully without

our help. To see that those whom we watched over, and gave our rest and strength—almost our lives for—have grown far beyond any thing that we can do for them, except to love them to the last of life—this is hard.

But when two have journeyed from early youth to the verge of old age—have seen their children grow up and scatter, making separate homes for themselves, as is perfectly right and natural—then, if one stumbles and passes into old age and its infirmities *before* the other, no longer keeping even pace together, to be, or to be supposed incapable of any longer bearing the burden and heat of the day together—one bright and full of energy, the other no longer called upon for active service—that is the one thing most to be dreaded in growing old. An early death with the full harness on, would be far preferable.

But the poison, the bitterness of even that sharpest pang, may be somewhat softened, if, while in full health and strength, one endeavors to live so truly and faithfully for the comfort and happiness of others, that they shall leave all along their lives, some bright spots that can not grow dim, even when they are laid aside. Such lives can not die out. Their memory will always live in the hearts of their best beloved. After their ever-busy lives, have closed, what they really did of good to others will be more truly recognized, and more lovingly appreciated, than when those loving acts were an every hour's occurrence. Even if one does not derive all the comfort and support from this thought, in after life, which is their due, still it is a good memento to leave behind us, because such lives bring blessings to others.

"This thought I give you all to keep:
Who soweth good seed shall surely reap.
The year grows rich as it groweth old
And life's last sands are its sands of gold."

POLITENESS AT THE TABLE.

We all know how much more comfort and enjoyment a well-appointed table—with its snowy linen, clear glass, bright silver or plate—can give, than one where no attention is paid to cleanliness, order, or taste in its daily arrangement. There is, of course, an effort always made to secure something like neatness and pleasant appearance when guests are invited; but it is by the common home life that one judges of the peculiar characteristics of the mistress of the house, and of her family. With some, the one prominent idea is to have an abundance on the table, which must be cooked in the best manner. How it is dished, in what shape it comes to the table, or whether the table is properly set, or the articles on it neat and well matched, is in their eyes of secondary importance. Now, this is a great mistake. It is important that food should be well cooked, and as abundant as is needful; but we can not imagine that one can relish food carelessly thrown on a table that is set in a slovenly manner. To sit at such a table is enough to rob one of all appetite, and to make the best cooking in the world distasteful. A fresh table-cloth, neatly arranged, well cleaned and polished dishes, the mistress and all who gather about her neatly attired, amiable and respectful in their manners, will give a relish to the plainest food, and less superior cooking. Light hearts, loving words, gentle and courteous attention, each esteeming the "other better than themselves," in all "honor preferring one another"—these are the best appetizers, and will make more happy homes than the costliest dainties poorly served by an irritable, untidy mistress, and partaken of by selfish, ill-mannered, discourteous children.

Poor taste and carelessness in the arranging of the table are bad enough, but lack of politeness, a display of bad manners, at the table is worse. Are parents less careful in teaching their children good manners at the table than they were years ago? It is not uncommon to see children, from the oldest to the youngest, reach across the table and help themselves, instead of politely

asking for what they require, and waiting patiently till it can be served. Some children seem to prefer to get their food in a rude manner. If they can not reach it they stand on the rounds of their chairs to be able to stretch farther, or leave their chairs, and go round the table for what they want. They drink fast, eat fast, and fill their mouths so full and so rapidly that, if not choked, the wonder is that half the children do not die of indigestion.

If no attention is paid by the parents to their children's habits of eating, what can one expect but that they should with these habits acquire a large and very annoying stock of selfishness—eager to secure the best on the table, before any one else is helped—vexed if a brother or sister is served first, or snatching the food from each other with a snarl, as animals growl over their food? If no attention is paid to their deportment while eating, very few children will acquire pleasant table manners. Aside from eating too fast, they make others, particularly those who sit near, uncomfortable by the disagreeable noises they make in chewing their food, smacking their lips, and other very annoying ways of disposing of their food in the shortest possible time.

Why do not all parents look beyond their children's early days, and see how awkward they will be when grown up, if allowed to contract such rude manners in childhood? Why not begin early to teach their little ones to eat slowly, without any noise, to fold their napkins, to lay their knives and forks on their plates in the proper position, side by side, instead of leaving them on the table-cloth, or thrown carelessly on the plate? Why not teach them to sit quietly when they are through their meals till the rest of the family are ready to rise, unless the school compels them to leave earlier? In that case, why should they not be taught from the beginning that they should not leave the table without asking to be excused? That permission granted, why not teach them to rise quietly, without pushing their chairs rudely back, and, on leaving the room, to say "good morning?" Instead of this, so easily learned if parents will only give a little attention to it, how many children, without regard to the comfort of those who remain, jump off their chairs, giving them a push, often so roughly as to send them over, leaving their napkins, perhaps, on the floor, and their

plates, knives and forks in a disgustingly untidy condition, and then, with a boisterous flourish, loud talking, without the slightest semblance of respect for others, rush from the room and house with as wild a clatter and racket as if a drove of animals had been let loose!

If this was only one of the little things which belong to early childhood, and which would pass off as they grow older, it could be endured. But rough, rude, ill-mannered children seldom make refined, courteous, respectful men and women; and if of a proud, sensitive nature, and quick to observe, they will, while recognizing their deficiencies, shrink from being in society, and become awkward, ill-tempered and morose men and women.

Any kind of rudeness and all ill-mannered acts, if unchecked at the beginning, will lead to others. When children are allowed every liberty at the table, the same license will be taken in other things. In how many families of the present time are children taught that it is the height of rudeness to interrupt another when talking? It is enough to make a person dumb to attempt to carry on any conversation, when irrelevant remarks are constantly thrown in. If one is telling a story it is almost impossible to go through with it, with any hope of interesting those present, if repeatedly interrupted with comments, questions or criticisms. Let all this come after the first speaker has finished. That interruptions are not only annoying to most people, but after awhile completely silence some people, will be readily understood. It is too evident for any one to doubt. Yet those very ones who the least like to be interrupted are often the most ready to practice such rudeness on others.

What is the hurry? Surely any remarks worthy of utterance will keep till the one speaking has finished. But if parents commit such rudeness before their children, would it not be strange if their children did not follow their example? How many things parents carelessly do, while children are young, that look too insignificant to notice, but which will be found to have sunk deep, taken root, and year by year grow stronger and stronger, until they become grave faults that cause the parents great sorrow, and seriously injure, if not destroy, the child.

FAMILIARITY BREEDS CONTEMPT.

Few pass through life without being often compelled to recognize the correctness of the old and homely adage, "Familiarity breeds contempt." Too great familiarity, even with intimate friends, may not always be desirable, or lead to happy results, and, beyond a certain line, is a license that refined and well-mannered people never venture upon. It is a fault that usually springs up in early youth, and in its first stages is passed by with little notice, or as a childish foible—rather amusing than annoying. But if parents suffer this aggressive element to take root and grow with the child to maturity, it then becomes a settled habit, hard, if not impossible, to eradicate, and very offensive to all who come under its influence. Individuals so afflicted have doubtless many very excellent traits—kind-hearted to all, it may be, honest and true in all their dealings; yet no one, knowing their weakness, cares to associate with them, but takes every opportunity to pass by on the other side, and keep as remote from them as possible without transgressing the rules of good breeding.

There are specimens of over-familiarity, however, that deserve and can only be met by open contempt. What can be more embarrassing and exasperating than to hear a perfect stranger, in some public conveyance, where escape is impossible without attracting attention, begin to ask questions or make remarks, as if on the most intimate terms with his, or her fellow-travelers, with a freedom, indeed, that would not be tolerated in the most intimate family relations? To be sure, there is a class who really know no better—who have lived where they had no opportunity for improvement, or any example or teaching to arouse them to a sense of the gross impropriety of such familiarity. For such, one can find some excuse, and feel a good degree of commiseration. But, however charitably one may be inclined to look on such peculiarities, it is none the less pitiable to feel how barren that mind must be, how little food for thought it must possess, which finds excitement or interest in asking how many yards of material is used in the dress

of a perfect stranger, with whom they are not likely ever to meet again; how much she gave for it; what size shoes she wears; how many pairs she buys a year, and an interminable list of questions of like character.

But there is another side to over-familiarity that is more likely to cause acute pain than any feeling of contempt. We refer to the *abuse* of the natural familiarity springing out of the closest family intercourse. Nowhere are the laws of good society so liable to be set aside or overlooked. When held in check by that genuine good breeding and politeness which springs from a sensitive conscience and a pure and noble heart, the familiarity of family love and home relations only becomes a playful tenderness, that leaves no sting, and causes no discomfort. But how often is love abused, and the tenderest relations looked upon as furnishing license for impoliteness and neglect, which no one dares venture to manifest to strangers, or even to intimate friends. If unkind words are spoken by the stronger, or ruling power in a family, it is because the ties that bind them together are his safeguard. There is a sense of security against exposure in family pride, in part; but stronger than that in the womanly love that seeks to hide all errors. The wife, sister or daughter are often spoken to by the "gentlemen" of the house as the latter would not venture to address any other woman, however insignificant. But more particularly is this so toward the wife. A brother finds no particular charm in being sharp to his sister, who will probably resent and retort; and a father has usually a peculiar tenderness for a daughter that saves her from sharp words. But how often the restraints of society prove a stronger protection to the wife from her husband's censures or stern words than his affection or regard for her sensibilities! It is too often the case that the polite, deferential attentions that a woman has a right to expect, will be more frequently proffered her by gentlemen outside the family, than within her own household.

But this cruel, as well as mean and unnatural treatment is not, we regret to say, always confined to the masculine element in the home circle. We wish we could say that a lady never "answers back," never returns railing for railing—a sharp retort for a bitter fling—or meets discourtesy with equal neglect or perfect indiffer-

ence. We blush to acknowledge that the wife is perhaps as often responsible for the beginnings of evil, in this respect, as the husband. The customs of good society may hold her back from any exhibition of temper before outsiders, or from treating any but her own with discourtesy. Public opinion has the same hold on her as on a man. But all the courtesy and suavity, the deference and respectful attention exhibited in public, or to friends outside, are worthless, in man or woman, if the same disposition is not even more earnestly manifested in the sacred precincts of home; kind acts, respectful attention, the most perfect courtesy *at home*—or nowhere. Let all that is found outside be but the overflow of that which is unchanging and perpetual in that charmed circle. There is where we must seek for the true lady and gentleman. If not fully developed and maintained there, yet prominently exhibited *elsewhere*, the sentiment is spurious—a counterfeit.

If young people, whether brothers and sisters, or husbands and wives, would reflect on this, and guard against any of that familiarity which destroys true refinement, develops a coarse, hard character, breeds not only contempt, but, in the end, inevitable coldness and estrangement, we should soon see a large increase of true gentlemen and ladies—those who wear their politeness more as an every-day working garment than as a fancy dress to be used for parties and balls, or on state occasions, and then to be folded up and locked out of sight till again needed for public exhibition. Those bound together by natural ties, or by marriage, need to exercise all the gentleness and forbearance, the courtesy and affectionate politeness that they possess; and if their whole life at home is thoroughly permeated with such a spirit, it will become truly a second nature.

BE PATIENT WITH YOUR BOYS.

In urging mothers, in a preceding chapter, to keep their girls near them as long as possible, we by no means forgot the boys, and the responsibility necessary in the parents' efforts to train them in

the right way, as far as human love can do it. In most respects, the same patient supervision is needed for them as for their sisters; but, in addition, there will be needed more anxiety, and more gentle watchfulness; because, in many particulars, they differ so widely.

We can hardly imagine that mothers, blessed with a family of boys and girls, can join hands with those women who boldly assert that both are equally adapted to work side by side in all the various departments and occupations of life. We do not now allude to the many discussions as to their intellectual equality; and, in truth, we can see no reason why that point need ever require discussion; let deeds show where the greatest strength lies. A few years of effort, after each arrives at mature man or womanhood, will so far develop such talents as they possess, that each will find their true position. Nay, often a daughter manifests a much stronger literary or intellectual tendency than either of her brothers. Mothers will soon discover this. They also know that boys and girls brought up together, governed from infancy by the same laws, having equal claims to their parents' care and attention, and daily receiving it, will, notwithstanding, develop tastes and characteristics as distinct as if they belonged to different nations. No training or discipline can make them think or act precisely alike, and in many cases they will be strangely dissimilar.

If the eldest children are daughters, the boys that come after may be influenced by them in some degree during childhood, and often grow to manhood milder, gentler, and more refined, through the example of their sisters. On the contrary, if the eldest are boys, the girls are very likely to follow in their footsteps, so far, at least, as to be inclined to romp and be more boisterous and less refined and delicate in speech and actions, during early girlhood, than if boys had not been their leaders and examples.

Yet, even in these cases, their distinctive characteristics can not be mistaken. In their wildest moods of rude, boisterous frolic, in which girls sometimes indulge, those traits which mark them as set apart for womanhood and its duties, will make themselves known and felt. The woman, waiting to be toned and polished for a more quiet, gentle and delicate life, shines through all the rough-

ness of wild, hoydenish, healthy girlhood; and equally unmistakable signs, though of a widely different character, herald, through the boy, the coming man.

But, while desiring that mothers should keep fast hold of their girls as long as they can, what shall we do with the boys?

It rests with the mothers usually, far more than with the fathers, to decide. If the mother is tender, but firm and equitable, overlooking misdeeds that do not spring from natural depravity, but from the thoughtlessness of youth, with its frolicsome, bubbling, effervescing spirits—if she is prompt and ever-watching to know whereunto this boisterousness may tend—always ready with loving but restraining hand to check their wild play whenever it approaches real wrong or evil—then, we may be sure, such mothers will keep their boys, as well as their girls, where their influence will always be stronger and more holy than any other. But with the mothers who are constantly restraining and thwarting every childish pleasure, giving words of unmerited reproof for every mistake or wayward act, there is danger that their children will become peevish, selfish and deceitful. Particularly is this the danger with boys, who, when out of doors, are beset by the very evils that assail them through the uncertain, and often unnatural, discipline of boarding-schools.

Ah! if some of the mothers who most conscientiously endeavor to do their duty by their children, giving cheerfully their own ease, strength and comfort to this work, could, while the little ones are growing up, act with the same insight and judgment which comes to them after this formative work is done, what precious results would follow! How many of our most scrupulous and conscientious mothers err by over-governing—over-watchfulness! Their children, after a little while, learn to look upon them as "keepers," or spies, and do not dream that this irritating supervision comes from imperfect judgment—not lack of affection—in the mothers, who would gladly give their own lives to be able to make their children always happy while trying to lead them in the straight and narrow path. Yet the sense of responsibility which they feel, and which is supposed to rest upon parents always, makes the little ones shrink from them. Conscientiousness is so largely developed in some minds as to

make their lives a perpetual torture to themselves and all who come under their influence or control. So strong is the hold that this peculiar trait of character has over their whole lives—a trait expressed in so many different forms of action—that they are not able to distinguish the follies and freaks of joyous childhood from the flagrant sins and vices of riper and more responsible age. So they mete out the same reproof or punishment to the "toddling wee things" that may be merited by a child just on the borders of mature life.

Then sickness, in many cases, is too mighty for some mothers, and they indulge in reproof and irritability because their nerves are unstrung, and not because the child is deserving of rebuke. Particularly is this the case with boys in the family. Boys will be boys. They must run and whistle, burst into the house whooping like young Indians, forgetful—not regardless—that their mother's aching head is not benefited by such a mode of entrance. Who more sorry than these young thunderers when they see that they have increased the suffering? Yet how soon is it all forgotten when the door closes after them, and they once more feel the invigorating air which sets their young blood dancing.

But the poor mother forgets her own young life, or that which is so natural to boyhood's health and buoyant spirits, and therefore is not easily appeased, or ready to forego the reprimand which such thoughtlessness seems, in her estimation, to deserve. She forgets that these wild, noisy boys will ere long shoot up into men—"and learn to do without her."

We have known and felt it all, and, just now, while tossed on the restless ocean, as we draw near to home, we are looking backward over many years, remembering the few little frets and annoyances, the many perplexities and great mistakes of our life in the years that will never come back to us again. When we think that the little girls have now grown beyond our guidance or gone to the better land; when we remember that from this time,

> "None but tall and deep-voiced men
> Will, gravely, call us 'Mother,'
> Or we be stretching empty hands
> From this world to the other,"

how we wish we had been more patient, more gentle! More loving we could not have been. But we see, as no doubt all mothers do, where we made mistakes, where we could have done more and better for our children, and think, "If we could but take them back to the time when they had not learned to do without us!"

The mother's overtaxed strength or failing health is often made the reason for sending the troop of noisy boys to school; and they grow up to manhood with a certain love for home and parents, but are not much distressed if they find that they must do without it. For a few years a home-love is kept alive by the quarterly visits during vacation—but, mothers, beware! The pleasure and exhilaration of coming home will soon subside if they chance, occasionally, to see symptoms of impatience with their sports and noise, or weariness at any disturbance as vacation draws to a close. If they have the least occasion to think that their presence begins to disturb the quiet and comfort of those at home, parents may be very sure that from that time all the beauty of home-coming will pass out of their lives forever. They will, of course, be happy to see home friends for a little while, and will feel the necessity of running into port for repairs; but it will be under a feeling of restraint. The sweetness, the excitement, the love element will have passed out of sight; and to recall it by any extra attentions or indulgence in the future will be next to impossible.

THE PERSEVERING MOTH.

The inquiries for some sure protection against those persistent depredators, the moths, are endless; but so far nothing entirely satisfactory has been found. All housekeepers, sooner or later, pass under the rod. Treasures that have been most carefully preserved and protected, are unexpectedly found with the sign-manual of these indomitable persecutors of all careful housekeepers written upon them in ineffaceable characters.

Insect-powders, tobacco, camphor, turpentine, cedar closets or chests, and many other things are used as a preventive, but not always successfully. In part, no doubt, the failure may arise from the fact that the articles are not perfectly freed from the eggs of the moth-miller before being packed away.

Not long since we noticed in some paper a statement that there were *moth-barrels* now in market that could keep any thing deposited in them in perfect safety, because the receptacle was air-tight. The informant did not evidently fully understand the peculiarities of these barrels. It is not simply because they can exclude all air that they give promise of security, but because they are perfectly lined inside with thick carbolized paper, which, it is supposed, will destroy the eggs and worms by suffocation, if in no other way.

We procured some of these anti-moth barrels this spring, and put away our woolens, furs, etc., in them. It now remains next fall to be seen if they have fulfilled all they promised. It may be possible for moths to live in air-tight apartments; but if they can live in these carbolized barrels, we should think housekeepers may as well give up the fight, and acknowledge these busy-bodies masters. The atmosphere of a large part of the house is full of the fumes of carbolic acid, even now that the barrels are securely headed and closely locked. It does not seem possible that life of any kind can resist suffocation. We understand that it is claimed this lining, so thoroughly saturated, will destroy any living thing committed to it; and really we feel more hopeful than we ever have heretofore that a remedy has at last been found.

Still faith is not yet sufficiently strong to advise a speedy cessation of watchfulness with those who use these barrels. Wait and learn the results, after they have had an honest trial; at all events, don't risk putting any thing into them for safe keeping until every article has been searched and beaten, to remove, if that be possible, every egg that may have been skillfully hidden in them. It is possible, indeed quite probable, that carbolic powder, or carbolized paper, will not destroy the egg, although it may suffocate the worm, or miller.

There is one thing that we have found to be often neglected or overlooked, in putting up every thing that will attract moths. We refer to the feather or hair brushes, or squirrels' tails, so much used for dusters. Many housekeepers do not know that some varieties of the moths are under infinite obligations to all who leave these articles exposed, when not in constant use, or when the house is closed, and the family absent for weeks. If they are left hanging up, unprotected, in a few weeks they will be found adhering to the wall against which they hang—glued there by the skill of the insect which has taken possession—and quivering all over from the movements of the worms with which they are filled. If these articles are to be left for any time unwatched, they should be all washed in hot suds, rinsed and hung out in the bright sun and clear air till thoroughly dried. Then bring them in, and draw paper bags, with carbolic powder, or Persian powder, put inside, over the feathers or hair, bringing the bag some distance up on the handle. Tie the bag tightly around the handle, and finish by pasting strong paper around where the bag is tied. If this is carefully done, we think dusters will come into use in much better condition in the fall, than they sometimes do. When in constant use there is no danger of these articles being molested; still it will protect them from breakage and needless wear if these paper bags are drawn over them whenever not in use. Either hang the duster up, or, if a long-handled one, rest the handle on the floor and lean the feathers against the wall in some appropriate corner where it will not be broken by a door thrown back violently against it.

The number and variety of moths are very large; each having its own individual preferences, and seeking in its own fields of action with an instinct as unerring as if they were gifted with reasoning. Indeed, they make fewer mistakes in their selections, than many of that superior race which hunts them with so much industry. Some of these moths are very beautiful; but most of them, in some way or other, destructive; and our admiration of their brilliant colors and graceful forms is lost in our knowledge of the damage they do wherever they find shelter. The salt hay in the marshes, the plants and vegetables in our gardens, our fruit and ornamental trees, and the shrubbery, watched over with unceasing

care; the hop-vine, the willow and locust, are all more or less injured by the various kinds of moths that feed upon them. They deposit their eggs in our apple, pear, peach and plum trees—where they hatch—and the worm feeds on the fruit till it works its way out, a full-fledged, brilliant butterfly, ready to follow in its parents' work of destruction. The silkworm is the only one that we know of, in all the large family of outdoor moths, that ever returns an equivalent for the mischief done.

Then comes the house-moth—the sworn enemy of all good housekeepers; the silk-moth, the fur-moth, carpet-moth and hair-moth, the wood, grain and meal moth, all different varieties of the species, and all working with a skill and energy worthy of a better cause. And, both outdoors and in, they are pursued with all manner of weapons; yet, so far, there seems no diminution of their numbers, or safeguard against their raids, unless the carbolized barrels prove effectual. We watch and wait the result.

We might add that benzine and naphtha are almost certain destruction for moths in cloths and furniture. We have known of its being poured over such articles in large quantities, closing doors and windows carefully, and the next day the dead would be found fallen from the furniture over the floor, etc. But this inflammable stuff sometimes explodes and burns the house up—a consummation not to be desired—and, therefore, we do not advise its use, even to exterminate moths.

UNCONSCIOUS SELFISHNESS.

"Exclusive regard to one's own interest or happiness—that supreme self-love or self-preference which leads one to direct his actions to the advancement of his own interest, power or happiness, regardless of the interest or comfort of others"—is Webster's definition of selfishness; but another authority calls it a vice utterly at variance with the happiness of those who harbor it; and, as such, it is condemned by self-love.

These two authorities would seem to contradict each other, if we did not bear in mind that self-love may have a twofold interpretation. "It may denote that longing for good, or well-being which is common to all, entering into and characterizing every special desire; and in this case it has no moral quality, being neither good or bad."

But when it is "applied to a voluntary regard for the gratification of special desires, it is either good or evil, according as those desires conform to duty, or are in direct opposition to it. If self-love does not degenerate into selfishness, it may be quite compatible with true benevolence. Real selfishness is always wrong, being that regard for one's own interest or personal gratification which is fostered and indulged in at the expense, or through the injury of others."

Here we have a clear and definite explanation of one of the most subtle and insidious defects of character. A distinct line is drawn between it and self-love, with which it is often confounded. But selfishness acts under so many plausible guises, that it is not surprising that it should sometimes be mistaken for other traits of character which are perfectly harmless, if properly guarded and held in check by a conscientious desire to love our neighbor as ourselves.

Few willingly acknowledge, even to their own hearts, that many of their most criminal acts spring from some of the numberless forms of selfishness. But let each attempt the work of self-examination as before God, and they will be astonished to see in how many unexpected nooks and corners of their daily lives this most ignoble weakness is lurking, ready to start into active service on the most trivial occasions.

"Straws show which way the wind blows," and very minute things help to form a basis from which, step by step, one can build up a general outline that usually gives a tolerably correct idea of the real character of those by whom they are surrounded, or with whom they are associated. But in this estimate of the characters of others, it may be wise to bear in mind that those thus analyzed and judged are, from equally small things, reading our characters, and with substantially the same results.

Strange as it may appear, there are many points of character of which the nearest friends do not, or can not, form half as correct an estimate as a stranger will arrive at in a half-day's observation, or as can be secured in a short journey in the cars or steamboat. The restraint of home, the desire for the best appreciation of friends, are safeguards, and hold in check the free exhibition of some of the most unlovely qualities.

Our most disagreeable traits are more observed than our most polished manners; and few are so obscure that they are not noticed, if they make themselves conspicuous by ill-manners. Steamers and railroads have nearly abolished private life. One who wishes to remain unknown and undiscovered, should never venture on them, but remain quietly at home, and even establish that home as near the wilderness as possible. Even there a reporter may track the most obscure and quietly-disposed individual, so it is safest to be on our good behavior all the time.

What haste, the moment the doors are thrown open, to rush into the cars and secure a good, if not the best, seat! What pushing, and jostling, and crowding! Having secured the best seat unoccupied, how very near-sighted people grow—if alone! Those standing about, hoping to find one single seat unclaimed, are not seen; but the solitary occupant, with carpet-bag on the seat, has occasion to look steadily out of the window, or finds a book or paper exceedingly interesting, till the person looking for a place of rest has passed on. How many of us have done this! Does conscience ever whisper—selfish?

We can not recall any public place or gathering where the display of selfishness is not observable. In many cases, we are sure, the transgressors are not conscious of it; and we are happy to believe, in most cases, that did they realize how much discomfort, inconvenience—and even physical suffering, often—their selfishness, or, as in such cases we prefer to call it, thoughtlessness, occasioned, they would hasten to correct this bad habit. Many people would, no doubt, be surprised if told that some special habit of theirs, causes so much discomfort to others as to make them shrink from public assemblies where they will be sure to be annoyed by it.

For instance, who imagines, except those who suffer from it, that

the use of the fan in churches, concerts and lectures is a source of intense discomfort to some who must, of necessity, receive the full benefit of the draught. Now, those who imagine they are really made cooler or more comfortable by the labor of fanning, have a perfect right to pursue this industry, however much those who never use a fan may be inclined to doubt the comfort derived from it. But is it kind to use one's independent rights to the discomfort of others? Any one with a tendency to sore-throat, weak lungs, or liable to take cold from a draught, often receives serious injury from the incessant motion of fans in public places. In cases of fainting, the fan may be used with benefit; but first be well assured that it is a genuine fainting fit, and not prostration from some trouble of the heart. We have seen cases when fanning under such circumstances would have been, perhaps, fatal, if some one had not been near to stop the injudicious kindness.

We wish to be impartial; and having given our own sex the benefit of these suggestions, it is but fair to notice some habits that might degenerate into selfishness among the stronger sex.

We run no risk in calling the use of tobacco a selfish habit. If our fathers, sons, brothers, and "other folks'" husbands—ours does not—who smoke or chew, would indulge only in their offices, or when with those who also enjoy the habit, then we should feel that they were using their privileges, but not abusing them by making others uncomfortable. But when we see young men and boys smoking in the streets—where any one who passes them can not avoid the fumes, however disagreeable—we can not refrain from thinking that those who smoke must be selfish. When we see gentlemen smoking while riding with ladies, can we avoid calling it a selfish habit? But we must confess we have our doubts if many deserving the name of gentleman, will do so rude a thing, unless the lady or ladies have assured them that the smell of tobacco "was not at all disagreeable—indeed, they rather liked it." Still, we fear we must acknowledge that few would fill their homes with the fumes of tobacco if the ladies of the house would honestly, but gently, tell them, what is almost always the truth, that the odor was really annoying and disagreeable. If, therefore, gentlemen carry this selfishness, which is so noticeable in all lovers of tobacco.

into their homes, they certainly have reason to feel that their lady friends are in some degree responsible.

"But," says a young wife, "if I object to my husband's smoking in the house, that will drive him to seeking that enjoyment away from home, and very likely among companions who will do him no good. For that reason I make no objection, but tell him I don't dislike it."

If there is any danger of husbands or sons wandering from home when not allowed to smoke there, of course it is better, by far, to submit to the discomfort; but it should be distinctly understood that it is endured on the principle of choosing the least out of two evils. But, certainly, it is not right to say it is not disagreeable, unless you really do not find it so. That is catering to selfishness at the expense of truth.

FLOWERS FOR THE DEAD.

"Do you fancy the custom of putting flowers about the dead at funerals, or having a large quantity in the room?"

Yes, and no. It depends largely on the true motive—the real feeling which prompts the gift. Sore hearts yearn to do something which will give visible sign of the respect, esteem or love felt for those who have gone before, or to cheat their grief by some signs of brightness and life near the still, cold form.

This custom was not common forty or fifty years ago; and when first introduced was a pleasant and happy relief from the intense funereal gloom of an apartment full of long black veils, and garments heavy with somber crape, as though the blacker the room the deeper must be the affliction that called the assembly together.

A few choice flowers of quiet colors and delicate perfume placed in the cold hand, laid on the pillow or breast, seem to us more appropriate than the elaborate floral offerings—but this is a matter of taste. It is not the way in which such offerings are arranged, or their quantity or quality, that need be criticised, but the *motive.*

We have been more deeply affected by the clumsy arrangement of some coarse flower—all that the half-starved mother can gather and water with her tears as she puts it in her poor baby's little fleshless hand—than by costly treasures that are brought from the conservatories of the rich; for they brought in of their abundance, but this poor woman, of her want, did bring all that she had. The very poverty of the token she buries with her child, over whose sufferings she has wept, and, for its sake more than her own, bewailed her lack of comforts, reveals the depth of her love.

But flowers displayed for no reason but that the custom has made it appropriate, are idle offerings, and any pleasure or comfort they may give will be as short-lived as the flowers themselves, leaving no fragrance in the memory. To be sure, flowers are often sent in by neighbors, who are not personal acquaintances, as tokens of respect, and of the sympathy we all feel for those into whose homes death had entered, or by friends unable to be present, as assurances of remembrance and sympathy. Thus sent, the family afflicted can not fail to appreciate the attention.

But there are "flowers for the dead" that seem to us profanation, though they may be offered as tokens of a too-late awakening to the giver's habitual neglect. We have seen and known such cases. There are families among whom no token is ever seen by which it can be known that love is the bond which holds the members together. The atmosphere in which they live is charged with selfishness, irritability, sharp language, and bitter retort. Yet, when death removes some member of such a family, he is evidently an unexpected guest; one that they have never apprehended, and often the shock is overwhelming. Then, it may be, the love, if there was any, that has long lain dormant will come to the surface, and, for a time, change the whole atmosphere of that household. To the survivors gentler words will be spoken, and some interest manifested for the comfort and peace of the whole. And for the dead every effort will be made to undo the past by useless care and thoughtfulness, when the heart can no longer respond or recognize the attention. Flowers will be lavishly strewn over one who now heeds them not, but in life, it may be, would have been soothed

and comforted, if not made better and nobler, by such sweet tokens of interest. Ah! all too late comes this tardy awakening. And will it last, or the repentance be as evanescent and short-lived as the flowers themselves?

If the dead can realize what passes around them after their eyes are closed, and the mourners go about with muffled tread, how they must be amazed at the attentions manifested after they can no longer profit by them, and at the offerings that they can not enjoy! It is the mockery, the utter uselessness of such acts or marks of regard or affection, if they have never been manifested during life, that in such cases deprives the flowers of their fragrance, and destroys their appropriate mission of comfort and peace.

"You placed this flower in her hand, you say?
This pure, pale rose in her hand of clay!
Methinks, could she lift her sealéd eyes,
They would meet your own with a grieved surprise!

When did you give her a flower before?
Ah!—well, what matter, when all is o'er?
Yet, stay a moment; you'll wed again—
I mean no reproach—'tis the way of men;

"But, I pray you, think, when some fairer face
Shines like a star from her wonted place,
That love will starve if it is not fed—
That true hearts pray for their daily bread."

Yes; bring flowers for the dead—for parents, for brothers and sisters, for children, and the dearer companions who should be as one—bring them as love-tokens, feebly expressing the sweetness and beauty of the life that is finished here, to bloom more gloriously in heaven—bring them as tokens of respect, or as symbols of repentance for past neglect or heedlessness; but, if for the last reason, save a few of the roses that the cold hand has chilled and whitened, to keep you from forgetting past mistakes or sins; to make you more gentle, more thoughtful, whatever may be the relation you bear to others. If you have failed in your intercourse with one now removed from you, the flowers placed in the coffin should be tokens for you henceforth to bear in mind that the faults of the

dead may have been engendered or increased from your mistakes or failures; that

> "Love will starve if it is not fed—
> And true hearts pray for their daily bread."

UNFORTUNATE RESEMBLANCES.

The least attractive of all animals—the swine—it is said, are superior to man—in this respect: they can not be induced to touch tobacco or intoxicating liquors. We will not vouch for the truth of this statement, having never seem them tempted. We mistake! We did once see the cherries from a cask in which black-cherry-brandy had been made emptied into the hog-yard. The whole ran tumultuously, with every sign of joy, to the spot, evidently expecting a sumptuous repast. The article did not exactly resemble their usual rations, and, when close by, prudence, for a moment, controlled their appetite. Then one ventured to approach near enough to smell, but backed off with a most dissatisfied grunt. The next was not to be debarred by any such move, and stood directly over the heap of tempting cherries, shook his head, retreated a little way—watched by his comrade. Inquiring, doubtful, questioning glances passed round the group; but at last the temptation through the eye was more potent than the prudence gained through the nose, and half a dozen rushed defiantly to the pile with open mouths, and plunged their snouts into the mass of brandied cherries. Words fail to tell the panic, or the expression of disgust, on every swinish face, as they ran, squealing, far from the nauseous compound, to wash out the vile taste in the less disagreeable contents of their troughs.

We can scarcely imagine that any animal could be persuaded to touch either tobacco or intoxicating liquors, though, as has been the case with many a poor mortal, it may have been stealthily administered, as a cruel experiment, or for some worse motive.

But, from some accounts we have lately seen, it has been found

that monkeys are exceedingly fond of most stimulating beverages, and, like man, can be outwitted and beguiled through these agents to their own destruction. We have not been much troubled by any of the theories which Darwin and other investigators have hinted at, or adopted, in which they see evidences that men may have sprang from the monkey, and from thence have worked their way up, and developed into their present condition and knowledge. Our pride revolts at any such idea; but, if the account to which we refer has any truth in it, Darwin has certainly one link in his chain of evidence that is not pleasant to contemplate. We give from memory, but we think correctly, part of the article to which we refer.

In some parts of Africa the natives compound a kind of fermented beer, and have learned that monkeys are exceedingly fond of it. So they fill calabashes with this beer, and place it on the ground in those parts of the forests where they know the monkeys most frequent. They hide to watch the result. As soon as one of these animals comes in sight of these calabashes, his curiosity tempts him to examine, and then test what the dish contains.

In this he resembles man, to be sure. Curiosity once awakened, the spirit of investigation lures him on to experiments. Curiosity, it is often said, is one of woman's peculiar characteristics. This trait is charged to her for no special reason that we have ever been able to discern, save that she first tasted the forbidden fruit. What made her do it? Woman's curiosity, it is asserted. We see no proof of that either. It is quite possible, if not altogether probable, that Adam was exceedingly anxious to try that fruit—in part because it was forbidden, and thus somewhat cramped his independence—but much preferred that Eve should make the first experiment. She, in her devotion to her husband, took of the fruit. The punishment threatened, not following the instant she tasted, and, seeing only that the tree was good for food, pleasant to the sight, and to be desired to make one wise, she was desirous that Adam should share with her, and brought of the fruit to her husband. It was not till they had *both* tasted that their eyes were opened to see the sin and danger that followed so swiftly on their disobedience. Does any one suppose that if Eve had been made instantly conscious

of the fearful consequences, that she would have permitted her husband to partake, and thus share with her the penalty? Would she not rather, with a true woman's unselfish love, withhold the tempting fruit from him, and have borne the punishment, even though driven out of Paradise alone, and compelled to wander alone through the earth? while Adam, warned by her sorrow from disobeying, would have remained in Eden, willing, perhaps—finding it not good to dwell even there alone—to part with another rib, to secure another helpmeet.

However, this is only a woman's exposition of the matter; and we claim for it no authority. But of late so many theories have sprung up, so many ways of displacing the old landmark, and introducing before unthought-of explanations, that we could not withstand the temptation to make this digression. So we proceed with our extract:

No sooner does the over-curious monkey taste of the liquor contained in the calabashes, than—finding it very good, and amply sufficient for many—he utters loud cries of joy to attract his comrades, and call them to partake with him of the feast.

Once assembled, a wild scene of bacchanalian revelry and riot begins. Learning no prudence from any former experience of a similar indulgence any more than human beings do, they are all soon in such a state of intoxication, that when the negroes in ambush come forward, they feel no distrust, and, looking on them as a larger species of their own kind, they accept the hand of their captors as that of a friend, to help them off the ground. The nearest monkey lays hold of the captive one for support also, no longer able to guide himself to a place of repose. Then another catches hold of the second, and so on, till the negro, without any resistance on the part of his prisoners, leads a staggering band of a dozen or more tipsy monkeys into close quarters, where they sleep off their drunken folly, and wake, like many a poor mortal, to find they have sold their freedom for a very unsatisfactory mess of pottage.

We have given this account as correctly as we could from memory, but fear those who seek the intoxicating cup will seek it yet again, in nowise deterred by what, in their sober senses, they must

see allies them too closely to that disgusting semblance of mankind, the monkey.

We have no expectation that this statement will influence the old and hardened lover of strong drink to reform; but, through it, mothers may teach their children such lessons as will make the habit most intensely revolting to them.

THEY WHO HAVE UNDERSTANDING SEEK KNOWLEDGE.

Every housekeeper should seek to know, as far as possible, the history and peculiar qualities of the various productions that come under her care, and are used in the numberless articles of food prepared by herself or her cook. If not an absolute necessity, this knowledge must surely be an infinite satisfaction and pleasure. To know where all these articles came from, how they are raised, from what portion of the tree or shrub each individual thing was prepared for her use; to learn if it is the blossom, fruit, bark, leaves, or roots; whether it comes from a seed or bulb, planted, and, when matured, dug up, and prepared for its legitimate use; if it be gathered from a vine, pickled, filtered, or combined with other condiments; and just how each thing is prepared so as to make it safe and agreeable for food—would be a study deeply interesting to any one, and particularly so to the mistress of a family.

For instance, how many housekeepers know that one of the varieties of the cassava-tree, from which tapioca is made, has poisonous properties of the most deadly character? There are two kinds, both of which are used for food. Both trees have a very close resemblance; but the bitter cassava, which is poisonous, has purplish stalks, while the sweet cassava has green stalks, and is perfectly harmless. The root of both—which is the part of the tree used—resembles a parsnip. The juice of the bitter cassava is used by the Indians to poison their arrows. The root is grated, and the pulp subjected to a heavy pressure to remove all the juice, which

is set aside, as soon as separated from the pulp, to settle. After a short time a white starch will be deposited on the bottom of the dish, leaving the liquid on top as clear as water. This liquid contains the poison, and is carefully drained off till not a drop remains. The white substance which has settled at the bottom—just as the starch from grated potatoes does—is perfectly free from any poisonous tendency, and is used for starch as well as for food. The pulp, also, that remains after it has been subjected to this severe pressure—like pomace in the cider-press—is of the same character as the starch; only, of course, not as nice and pure, although entirely free from poison. It is dried by exposure to the heat of the range or stove, and then pounded, or ground, and sifted, to free it from woody, fibrous particles, and the starch or flour used to make bread-puddings or cake. Whatever of the poison that may possibly remain, is evaporated by the heat of cooking. The American Indians, who used the starch for food and the juice for poisoning their arrows, certainly manifested a good share of skill and intelligence; and it seems as if there must have been some scientific research before they discovered the process of separating the nutritious properties from the poisonous.

How much do a large majority of housekeepers know of the nutmeg? And of those who are themselves well acquainted with natural history, how many endeavor to instruct and interest their cooks in the history of this or any other article which they handle almost daily? Our cooks may not be particularly interested to know that the nutmeg, and many of the spices they use, are brought from the Spice Islands—at least, not unless they care to give some attention to geography. But would they not listen attentively, and with interest, if their employer would pleasantly tell them about the nutmeg-tree, as well as many other trees? Would not such knowledge, kindly and gently given, be more beneficial to the girl than to have her mistress—when necessarily in the kitchen—listen to, and join in, the gossipy talk, too common in that region, about all the neighbors and their private history, as other girls in the vicinity have retailed it, with strange additions, from their own imaginations? Instead of listening to, or allowing any talk of the neighbors' affairs or habits, as the cook proceeds to prepare the food

and grates the spice, engage her interest by a timely question: "Wouldn't you like to see the *nutmeg-tree* when full of fruit, and learn how the nut is separated from the shell? I am sure I should be well pleased to watch the work, and learn all about it."

How many cooks would at once say that they didn't know there was any thing done to the nut, only to pick it as one would a walnut. Then tell them that the tree is twenty to thirty feet high, and resembles a pear-tree; the leaves fragrant, five or six inches long, of a dark, rich green, somewhat like the orange-leaf on the upper side, but whitish beneath. It bears fruit the year round. The blossoms come in clusters of five or six, and in shape and size are like the lily of the valley. The leaf of the blossom is thick, or fleshy, like tube-rose, but a pale yellow, and very fragrant.

The fruit is about the size of a peach, but shaped like a pear, and is inclosed in a husk half an inch thick. When young and tender, this is a soft, pulpy substance, and sometimes is scraped off, and used in India, where it grows, for a preserve; but if left to mature, it is dry and hard and useless. When the fruit is ripe, this outside husk breaks open somewhat like the chestnut burr, or outside walnut husk, and inside you will find the true nutmeg, inclosed in a false coat, or loose, transparent bag, of a bright scarlet color. As the fruit matures, this false membrane covers the nut so entirely that only here and there, through the net-work, is the seed visible. As it ripens, it loses its bright color, grows dry and hard. This coating is the mace of commerce. When ripe, the fruit is gathered, the coarse outer cover is removed, and the mace is separated carefully from the nut with a knife, and dried in the sun or by a fire. Inside the mace, the nut is still protected by another thin casing, and when that is taken off the true nutmeg is seen. The mace is sprinkled with salt and water, when thoroughly dried, to keep out molds and insects, and then packed in sacks as it comes to our merchants.

The nutmegs, while still in the third envelope, are placed on grates over a slow fire, and dried in a very slow heat until the nut rattles in this shell. It is usually two months drying. It is then soaked in sea-water, or dipped in milk of lime, to keep off insects in part, but mostly to destroy their germinating power. This was

largely done while the Dutch had possession of the Banda group—part of the Moluccas—to secure the monopoly of the nutmeg culture, and thus prevent their being propagated elsewhere.

If nutmeg is used in large quantities in cooking, it gives a bitter taste, somewhat like pitch-pine. By distillation, a volatile oil is obtained, which retains the taste perfectly, but if used in cooking it must be greatly reduced; two drops of the oil are equal to one pound of powdered nutmeg. It is used as a medicine, as an aromatic stimulant, or, in larger doses, as a narcotic, but, as a spice or medicinally, should never be used in large quantities, as it tends to affect the head. For this reason apoplectic or paralytic people should not use nutmeg.

SURFACE-WORK.

That kind of house-work which is done for show, or to keep up the character of a good housekeeper, is not only valueless, but in many ways injurious, as well as deceitful. A transient guest, or those who have no responsibility in the house, may see nothing to criticise, even in going in and out for months; but after awhile, where work is habitually carelessly done, the evidences will begin to be past hiding, an old gray look settles over furniture, pictures, the walls of the house, the moldings or carvings on the wood-work; the carpets look dingy and ancient, the table-service is under a cloud, and if one enters the kitchen these signs of premature old age, from neglect, are more noticeable than anywhere else.

For instance, suppose a careless housekeeper becomes the mistress of a new house, and assumes the charge, where every thing is fresh from the hands of the manufacturer. Unless absolutely a slattern, it must needs be many months before her inefficiency is manifested through any marked defacement. But the change is moving silently on. Wait a year, and then note how the shadows that follow poor housekeeping are settling down over every portion of the house. Examine the windows. They have seemed to you clear and fresh,

but all at once your eyes are opened to see the dimness spreading over them. The curtains have lines of dust in the folds, the cornices in several points, and, high up, the walls are delicately festooned with the spider's lace-work; the carved marble mantels, and perhaps some choice statuary, are growing dusky; dust has crept into the small corners around the stairways—its good hiding-places, so long undiscovered, have at length slowly accumulated, and will soon reach a growth past overlooking even by the most careless housekeeper or maid. But by that time, these spots will be so closely packed that whisk-broom and duster can never reach them, and it looks too formidable a task to attempt to dislodge them in a more thorough way. Therefore the dust conquers, and remains undisputed possessor.

And so one might pass all through the house and find just such surface-work every-where, defacing and permanently injuring a home that would have retained its freshness and beauty for many years, had it received such care as a really neat woman would have given the meanest hut, had she lived in the desert where there was no being but herself to notice or enjoy.

But, as we remarked, the kitchen shows neglect much sooner and more unmistakably than any other apartments. Kitchen utensils, of necessity, have rougher usage than those belonging to other parts of the house. Many articles are subjected to great heat, often with some food that has much fat about it. Sometimes, even in the best regulated families, a portion of the food is scorched or burnt; but never, with suitable care, will it be so badly burnt that the vessel must be permanently injured. But how are those utensils cleaned which are used for meat-cooking? In many families, very nicely. All the salty, or fatty sediments that naturally tend to adhere to the bottom of the pan, and by the heat necessary for cooking are browned if not scorched, when properly managed can be thoroughly cleaned off, not a particle left to harden and make the bottom rough. As soon as the food is removed from the pan, or kettle, hot water should be at once poured in, and the vessel left to soak until the time comes for cleaning it. Then a scrub-brush, or the briar-wood-brush kept for such purposes, and nothing else, will be faithfully used, with plenty of good hot soap-suds, until the

bottom of the pan, pot or kettle is as clean and smooth as when first purchased—smoother, indeed, because iron-ware, properly cared for, grows smoother with use. After being thus cleaned it is rinsed in scalding water, wiped, and put on the back of the range or stove, a few moments, until every particle of moisture has disappeared.

Now, if the housekeeper insists on all iron or tin utensils being thus faithfully cleaned *inside*, and sees, week by week, that her instructions are carried out, she does well, and is worthy of commendation *so far*. But how about the *outside* of iron or tin cooking utensils? We have known many girls who are neat enough to see the necessity of following good and sensible directions for keeping the interior of all vessels very clean, who neglect the exterior, as if that was no manner of importance. They greatly mistake. It is important, not only as being called for, through one's own self-respect and desire to be cleanly, but also as a matter of economy. No kitchen articles demand closer attention than those of metallic composition—iron, copper, brass or tin—and none so soon corrode and go to ruin if neglected. Every mistress of a house should habitually visit her kitchen, and two or three times a week examine all the utensils used there, not simply opening a closet door and peeping in, as if some bugbear would spring upon her; but carefully overlook all the contents, and then her kitchen furniture will last many years longer than that of the housekeeper who gives her orders without seeing that they are executed. We wish these kind of housekeepers would for once step into their kitchen and make a thorough examination with their own *hands*, as well as with their eyes. Let them take up that bake-pan, skillet, sauce-pan, etc., and see how the outside looks, even when the inside is smooth and clean. No wonder she turns with disgust from the bare idea of handling it, and exclaims:

"Why! what makes the outside surface so rough and greasy—so covered with patches that look like some excrescence foreign to the material?"

It is simply the effect of negligence and untidiness. If the outside had always been as faithfully cleaned as the inside—if, when the article cooked in it chanced to boil over, and being in the oven

or over the fire, that which spilled out had burned on and become hardened, the same use of the brush, and, in some extreme cases, of soap and sand, had been applied to the outside that was thought important when cleaning inside, there would be none of these scaly blotches, and the whole kettle or pan, exteriorly as well as interiorly, could be handled without soiling the fingers. Some iron-ware does not come to us as smoothly finished exteriorly as it must be interiorly; but all this disagreeable, blotchy surface, that makes one creep to touch it, and all uncleanliness, is absolutely needless—nothing but downright indolence and slovenliness. Copper, brass, and tin *can* be kept bright and attractive, and iron *can* be kept smooth and free from grease, without any great addition of labor, and with half the time that would be spent in a spasmodic "*cleaning-up-day.*" There is no excuse for the very reprehensible and disagreeable manner in which these articles are sometimes neglected and abused.

We know ladies who have been keeping house more than twenty years, whose stoves, ranges and hardware utensils, except for lack of a new fashion, are worth as much to-day as when first bought. It is a well-known fact that iron-ware grows stronger and smoother with age, and, except the fire-brick in a stove, there is no reason why they should wear out.

We know other ladies who began housekeeping about the same time, who have not an article left of their first housekeeping outfit. Every thing has been demolished, and every thing renewed several times over, from the first parlor and chamber furniture to the first dining-room and kitchen plenishing; not an article left as a remembrance of wedded love's first home, or for a keepsake for the children and children's children. And yet we have do doubt that the first class have had more comfort, more solid enjoyment and ease than those who so neglect their duties. We are confident that the careful housekeeper has the easiest life, as well as the quietest conscience.

NOT THROUGH PRIDE, BUT FROM INCREASED USEFULNESS.

Women are credited with vanity sometimes, when, in reality, their acts are but legitimate efforts to lighten needful labors, or to make the labor productive of less personal discomfort. If a lady is particularly fastidious in her care of her *hands*, it is at once set down to vanity—a desire to have soft, white hands, that give no indication of having ever been usefully employed. This may be, and doubtless often is, the chief reason for such extreme attention as sleeping in gloves, or with the *hands poulticed* to soften and whiten the skin; but before making rash assertions, or imagining this to be a common custom, might it not be wise to inquire if there are not other reasons influencing a large proportion of those women who desire to keep the hands soft and supple? Many ladies find it necessary to do a good share of the rough work themselves, and sometimes do it all, sewing included. Some are often compelled to assist in, or do all the washing for weeks together, especially in the country, where assistance is difficult to find, or worthless when found.

Now, there are many things harder than washing, that ladies see the necessity of doing themselves. But the heat and alkali of the suds in washing, and the heat of the irons in ironing, make the hands hard, dry, swollen, and exceedingly uncomfortable.

Among the innumerable *washing-machines* that are brought before the public, no doubt some are able to lighten the labor, but none that we have heard of can so do this work that the hands are exempt from being a good deal in hot and cold water. After some experience they may become accustomed to the abrupt change from hot suds to cold water; but great care is the only thing that can prevent them from becoming rough and uncomfortable, and in cold weather chapping or cracking in a very painful manner.

If washing once a week has this effect, dish-washing three times a day—or twenty-one times a week—will be still worse.

Every woman knows, or ought to, that to make dishes look well

hot suds are needed for greasy dishes—too hot to put the hands in without discomfort. Even if one attempts to wash dishes with a dish-mop, she is not likely to find them a convenience that saves time, or can be depended on for thorough work, and, after all, only partially protecting the hands. There are many dishes that can only be well cleaned by putting the hands boldly to the work. After one becomes quite accustomed to this, the hands are so well hardened that the immediate physical discomfort is little noticed; but none the less will they grow rough and become quite unfit for delicate work.

Now it is easily understood that a woman who finds she must do all, or part of her house work, much, if not all the time—aside from sewing and other delicate work—labors under other and more annoying difficulties than mere bodily fatigue. If her hands are constantly rough and stiff, she will find no pleasure, but much discomfort, in attempting to handle fine sewing. We have seen and heard of several varieties of *dish-washing machines*, but have yet to find one that, on trial or careful examination, we would be willing to use ourselves, or which can do our work satisfactorily. But we think a little forethought, without much ingenuity, can in most houses, with the modern improvements that are now so common, lighten, or in part abolish, much of this trouble. When hot and cold water can be drawn into the sink, supplied from reservoirs or hydrants, one feels at liberty to use it more freely than when obliged to pump it and bring by hand, and thereby can lessen the labor of dish-washing and the injury to the hands.

When we have found it necessary to take charge of this work, we proceed in this order: After all food has been taken from the table, the plates and platters well scraped, and the *débris* removed, we gather the dishes into three parcels—glass, cups and saucers, bread-plates and dishes not soiled with greasy food; and, of course, the glass is to be first cleaned, and put back in its appropriate place. To wash glass, the hands need not be brought in full contact with hot water. A bowl of clean hot water, and the least quantity of soap, to clean off marks of soiled fingers or mustaches, is needed, and another near with clear hot water, and an old japanned or tin waiter, with a towel spread on the bottom, to drain them on. Take

each glass with thumb and fingers, and whirl it round in the hot suds, then rinse in the clear hot water in the same easy way—without wetting the hand, and hardly moistening the fingers—and then turn bottom up to drain on the towel. Before wiping and polishing the glass, put the cups and saucers into a pan under the faucet, and turn on hot water—not like a torrent, to spatter over your apron or the floor, but a steady, easy stream. Then quickly wipe the glass on a dry towel, and polish on a clean chamois or buckskin, and put away. Half the time it has taken to write this will see the work accomplished.

Now to turn the pan of cups and saucers. All the sugar and milk on them will have been washed off, and flowed over the pan into the sink, and by this time the articles will be ready to remove from under the faucet, and the pan of greasy dishes put in its place, with a bit of soap put on top. While the hydrant is washing these, turn to the pan of cups, saucers, etc. Here a small, clean dish-mop may be on hand and of use, if any spot or sediment remains. But usually we find these articles come from under this hot-water douche perfectly cleansed, and, turning them down to drain, they are very easy to wipe and polish, and much more rapidly than in any other way.

When these are finished and put up, turn to the pan of greasy dishes, over which and the soap an easy stream of very hot water has been falling, and, filling the pan, running over, carrying all the grease and dirt into the drain. The hot water and soap has well cleansed these greasy dishes, without touching the hands to the water; but, that there may be no mistake, with a neat whisk-broom (kept for that purpose, and nothing else, instead of a dish-cloth) brush off each dish in the hot suds, tipping it up with the whisk, so that it can be taken out without putting the hands into the hot water, and transferred to the rinsing-pan, now under the faucet. After such a washing, wiping and polishing these dishes is quick work. When finished and put up, the iron-ware is lifted from the range, well scrubbed outside and in, with the appropriate briar-brush, the water which was put in them on the range poured off, and the articles put into a pan of hot suds, and again scrubbed with the briar-brush, rinsed in hot water, wiped very dry with the

towel used for such things, and set on one side of the range to dry, while dish-pans and sink are scrubbed and cleaned in their turn with brush, soap and hot water.

If this sounds like a long process, the blame rests with us for a clumsy description. But let any one doubting, try it *alone*, and be convinced. (Making beds, clearing off tables and washing dishes are never quickly done where *two* work—and talk—together.) Following these rules or suggestions, we know that the work can be done, and well done, in less than half the time consumed in the usual way, and one can be ready to receive calls, or to sit down to sewing, writing, or other work with hands as smooth, and fit for a change of work, as if they had never washed a dish. If one has none of these hot-water conveniences by which a stream of hot water can be brought to flow over the dishes, it is not so easy, but a little forethought and contrivance will, in part, make good the lack of conveniences. A large boiler and a tea-kettle filled with water, and put over the range, when the food goes on to the table, will be heated by the time one is ready for it, and will greatly expedite the work. Pouring the rinsing water from the tea kettle is more effective than dipping it from the boiler, and whisk-broom and briar-brush save the hands.

Even if a lady has no hard, rough work to do, we would advise her to keep her hands as soft and as nice as she can. It is perfectly proper for any woman to do this, whatever may be her occupation or position, even if it be only for the pleasure of it.

No one is blamed or called vain for keeping the hair smooth—if fashion will let her. It is a beautiful crown for a woman; and to keep the hands soft and delicate is no more blameworthy. But that is not the chief, nor the best reason for such care. Aside from the greater ease in attending to other work than that which belongs to the kitchen, it should be remembered that there are other duties that every lady, from the highest to the lowest, may be called upon to perform. How much happier infants and young children can be made when washed, dressed and fed by soft, gentle hands! and thus the work becomes a pleasure to the giver as well as the recipient. And nowhere is the comfort of this care seen to greater advantage than when ministering to the sick—to watch over and tend

those over whom death seems hovering. Only those who have gone through long weeks of great pain and weakness can imagine the great comfort, the quieting influence, that the gentle touch of some soft, delicate hand is capable of exercising—often more beneficial than the most skillful medical care, and even more benign in its ministrations than tender, loving words.

POOR HEALTH.

Many suffer all their lives from causes that scientific research has been only able to guess at, but as yet does not fully understand, and which no amount of intelligence seems competent to avoid or control. But there are very many more causes of suffering that but for negligence, willful ignorance or culpable carelessness, would never have disturbed the system.

In the early stages of infancy there are evils lying in wait which sensible and well-informed mothers, by a proper degree of care, have the power to avert; or, if these troubles chance to make slight inroads, they can be eradicated entirely if promptly met at the beginning; while, if such disturbances are suffered to go unheeded, as if of slight consequence, they soon defy control. Passing from infancy, mothers may easily learn that many diseases and weaknesses assail childhood which are quite harmless if met at once with watchful care, but if neglected they have power to sadden the young life, and make mature years and old age intolerable. From the contagious diseases through which children are expected to pass, permanent evils—such as deafness, weak eyes, perhaps total blindness or serious bronchial difficulties—are scarcely to be apprehended, if those who have the responsibility are quick to realize that each one of these assailants has latent powers, and waits only a good opening to take full possession, and hold this advantage unshaken by all efforts, however energetic, if made too late.

Many of the "ills that flesh is heir to" may also be traced to the recklessness of youth, just far enough advanced toward maturity

to rebel at parental restraints. Needless exposure, unnecessary over exertion, excess in amusements, unrestrained appetite or inordinate eating, must inevitably bring their own punishment. There is no end to the list of evils resulting in dwarfed powers which come entirely through ignorance, or willful disregard of natural laws.

We do not design, nor do we feel competent, to go into a close description of those errors which may have such ruinous consequences, but simply to glance at some of those small derelictions usually considered too insignificant to beget any serious consequences—only implicating the neatness of the culprit—but which really often have disastrous results. Imperfect sewerage, incomplete ventilation—as connected with the building of houses and arranging the grounds—with various other items, are continually brought into public notice, and held up as warnings. These warnings need no indorsement from us. There are, however, other acts of carelessness so small as to be unworthy of the slightest notice, and yet they are full of danger.

MISTAKES AND PRECAUTIONS.

Observe the signs of the times. With which class do the epidemics, that so often come upon a community like lightning from an unclouded sky, prove the most deadly? The strong, who have never known sickness, or the weak and ever-suffering, who have never known health? Those who have had very few days' freedom from discomfort and illness, and are conscious of little strength to contend with any violent sickness, foreseeing the evil, hide themselves under the protection of judicious, sensible sanitary regulations until the storm has passed, and they are saved. But the strong, who, through ignorance of suffering, mock at danger, pass on, heedless of advice and precautions, are more frequently swept out of life with scarce a moment's warning. How often it is remarked, "Strange, one so invariably robust and healthy should

have so easily fallen a victim; while another near by, so frail that one expects the first breath of contagion to be fatal, is left unscathed!"

The simple rules or suggestions listened to by many as idle breath, are, however small, nevertheless the "life-boats" in that voyage that all must make before they reach the shores of "the hereafter." The "breakers," whose warning voice may be heard from afar, and should be at once guarded against, seem to the strong and incautious but as the gentle ripples that gather and break harmlessly on the shore. But however insignificant they may be thought, they have a power that often brings much mischief.

Irregularity in eating is an evil that works gradually, but surely, much discomfort and misery; often undermining the health and darkening the remainder of a life that might, with a little caution, have been unclouded by any physical disturbance. The number of times one eats is of less importance than the quantity and regularity.

A large amount of bodily or mental labor before breakfast is not conducive to health, nor should one, if it can possibly be avoided, enter upon the day's regular occupation vigorously for at least an hour after eating. It would be of incalculable value to health if each meal could be taken in a light, airy room, with pleasant, cheerful companions, who would so agreeably help to pass the time, that the temptation to eat rapidly and without thoroughly masticating the food, would be overcome by the cheerful surroundings. A short time of such enjoyment and repose will enable one to work more effectively at the proper time, and secure a much larger amount of work afterward than an hour's rest without such pleasant influences could do.

Early breakfasts for young and growing people are almost a necessity, if one hopes to bring them up to maturity healthy and vigorous. The maxim, "Early to bed and early to rise," has much more wisdom in it than is generally conceded.

If the occupation is such that a half-hour's labor before breakfast is really a necessity, then take a piece of bread or cracker. It is not wise to go out into the early morning air before eating a few

mouthfuls. Especially ought this precaution to be strictly observed in malarial sections, and in seasons when much sickness is over the country. Nothing can be more unwise than to go into a sick-room fasting; and when the sickness is contagious the result is often dangerous, if not fatal.

While early rising and early breakfasts are conducive to good health and vigor, late suppers are, on the contrary, very injurious, and the sure road to dyspepsia and settled ill-health.

Do not attempt to economize by decreasing the washing-bills or family washing. To keep the person scrupulously clean, frequent change of undergarments is as necessary as bathing.

If people will sleep in some portion of the underclothing that has been worn through the day, and perhaps after a morning's bath resume that same garment, it may be accounted an *untidy* habit; but how few will see that it can have any effect on the health? But reflect a moment. Whether drenched with perspiration from hard work or warm weather, or only saturated with the natural exhalations that rise from the body at all seasons, no one doubts that it would be more cleanly to remove all articles of clothing worn through the day, and hang them up to be thoroughly aired, while other well-ventilated garments are put on at night; but who advocates that course on hygienic principles? Most partially understand that if there are any obstructions by which these vapors, or exhalations, cease to be thrown off from the body, injury to the health will follow; is it not, therefore, sensible to suppose that if the garments which receive and absorb them are kept on the body, these vapors will be again absorbed with poisonous results?

But if one is accustomed to complete change in the day and night garments, and neatly folds those used at night, and lays them in the wardrobe, closing doors and windows to exclude dust and flies; or, as is often done, put the night attire under the pillow of the owner, what has been done to prevent injury to the health? *Nothing.* Is it any great trouble, on retiring, to hang the garments, as they are put off, one by one, where they will be thoroughly dried and aired? It will not take five minutes' extra time. Leave the party, the ball, or social converse by the fireside five minutes earlier, if too tired to attend to this duty properly. And

in the morning don't be late to breakfast—that's bad; but even that departure from good-breeding is less reprehensible than to throw the night-clothes in a heap, leave the bed unaired, and the windows unopened. Rise five minutes earlier, if need be; hang up the night-clothes where they will have the full benefit of the pure, fresh morning air; raise the windows; throw off the bedclothes, hanging them loosely over chairs; put the pillows in full range of the windows, and pull the mattress over the foot-board—then go to breakfast with a clear conscience.

Do not be in too great haste to have the bed made. Leave it, and your night-clothes, long enough for the sun to dry off the morning dew that may have dampened them. Hang the night-garments up in the closet; but never fold them to be put under the pillows. By strict observance of this method, one may be sure of sweet, healthful changes, for morning and night, and exemption from more suffering and disease than people are willing to believe can spring from such, seemingly, slight neglects.

There is much said of watchfulness and constant care respecting free circulation and cleanliness in cellars, particularly in milk and vegetable cellars. Too much can not be said on those points. But how far do housekeepers learn, through the evidence of their own senses, that such advice and minute directions are carried out? Go to the milk-cellar. Well, the pans look bright and clean, and smell sweet; so do the churn, the butter-bowl and other butter utensils. Ah! the odor comes from this corner, and yet every article seems clean. But you have only looked into the pans, bowls, etc. You have moved nothing. Lift up some of the things near the spot where the odor is offensive. Aha! what have we here? Surely, Joan has left her old scrub-cloth up in this corner since wiping up the cellar floor. This is only one item. Others will be found on examination.

Do you now understand why the milk and butter have tasted badly this week? Nothing is so easily injured as milk, unless it is the health; and if these odors are allowed to exist day after day, with no real, thorough, active effort to trace and banish the evil, how long will it be before the health will begin to suffer from the same causes?

If the milk-cellar gives the first warning, and the mischief is cast out there, how more than probable that a much more injurious state of things will be found in the vegetable cellar!—and poison from that source will bring much more serious results. We do not think it safe to store vegetables or green wood in the cellars of dwelling-houses. The exhalations from a large mass of fruit or vegetables packed into a cellar are poisonous, even before decay commences, and also the vapors, or gas from green wood; and separate buildings ought to be provided for them. Every year we hear of one death after another in homes that seem the perfection of comfort and elegance; but when the blow has been repeated again and again, some one rouses up and sees the necessity of investigation. The sewerage is found defective, or vegetables or unseasoned wood have been stored directly under the home rooms. The poison from these causes naturally rises, and those who, day after day, think themselves blessed in the enjoyment of such a lovely home, are breathing disease and death with every hour's enjoyment. One and another remembers, when too late, that at times some disagreeable odor was perceptible in the air of the rooms, but no danger was thought of.

We do not propose to enter into any minute detail of all the causes by which health is injured and life shortened through carelessness; but hope a few hints will start householders, and housekeepers especially, on a tour of investigation in their own homes.

RINGS.

Some general information about *rings*—their origin, use or symbolization—together with the superstitions connected with them, may interest and instruct our readers. Almost all the precious stones used in rings had their own peculiar significance in olden times. In the earliest mention of rings which we can find, they were used as symbols of authority. If the emperor, or any one of high position, took off his signet ring, and handed it to an official,

the act, for the time being, invested this subordinate with his master's authority.

The first mention of rings in the Bible is in Genesis xli and xlii, when Pharaoh advanced Joseph to be, next to himself, chief in Egypt: "And he took off his ring from his hand and put it on Joseph's hand, and made him ruler over all Egypt." When the Israelites conquered the Midianites, they took all the rings and bracelets found among them, and offered them to the Lord. Ahasuerus took his ring from his hand and gave it to the Jews' most vindictive enemy, Haman, and, by that sign, gave him unlimited control over the people and their property, "to do with them as seemeth good unto him." But, becoming convinced of Haman's evil purposes, he reclaimed the ring, and gave it to Mordecai, by that act enabling him to save his people. The father joyfully receiving back his prodigal son clothed him in fine raiment, and sealed his forgiveness by putting a ring on his hand.

Signet rings were also used for sealing important documents. The Egyptians used them both as a business voucher, and for ornament. Rings, whether for seals or for adornment, were, with them, usually buried with the dead, and very many have been found in their tombs. Bronze or silver were chiefly used for the signet ring, and gold for ornament. Among the poorer class rings of ivory or blue porcelain were chiefly used. Plain bands of gold were much used, and almost invariably engraved with some motto, device, or the representation of their deities. Among the rich, rings were worn not only three or four on the finger, but on the thumbs. No one was considered in full dress among the Jews without the signet ring; and the ladies, instead of the plain gold band, had their rings highly adorned with costly gems—rubies, emeralds and chrysolites being the most highly valued. The Hebrews and people of Asia evidently wore rings some time before they were known in Greece; but, having once been introduced there, their use spread rapidly. In the days of Solon every freed man wore a signet ring of gold, silver or bronze. Wearing jewelry at length became so extravagant that the lawgivers attempted to curtail its use, but for a long time with little apparent success. The

Spartans for years sternly refused to indulge in such lavish adornment, wearing only iron signet rings.

As luxuries began to increase the iron ring was quite discarded, and the Romans, Greeks and Egyptians carried their love for ornaments and jewelry to the most absurd extent, often covering each finger and the thumbs up to the middle joint of both hands, and increasing the value by addition of precious stones to an astonishing extent. Some of the royal ladies, and the most conspicuous of the nobility, are said to have worn rings costing what in our money would be equal to $200,000 and $300,000.

The Jews wore the signet ring on the right hand and on the middle or little finger. The early Christians, who followed the custom of wearing rings, adopted also the Egyptian mode of putting the most significant ring on the second finger of the left hand, engraving on them something emblematical of their faith and worship—a palm-leaf, a dove, an anchor, a cross, or pictures of the Saviour or his Apostles; but rings were not known among the Christians till 800. All the bishops wore a ring indicating their peculiar office. When a pope is consecrated a seal ring of steel is put upon his hand, and afterward committed to the charge of some of his cardinals. At the death of a pope this ring is broken, and a new one made for his successor. Some precious stone is always set in the episcopal ring—a crystal, ruby, sapphire or amethyst. A cardinal's ring is usually ornamented with a sapphire, and we believe an amethyst is the symbol of a Jewish rabbi of the highest standing, and worn with his robes of royal purple velvet.

For many years one important part of ecclesiastical symbols, or insignia, has been a ring of some peculiar form. It was a mark or token of dignity or authority, and was supposed to symbolize the mysterious union of the priest and church. One ring, and the most important one set apart for the pope, was kept for the signature of important church papers. The usual forms of pontifical rings have some massive book or crossed keys engraved on them.

As wedding gifts, or pledges of betrothal, rings were used at a very early period. Among the Romans an iron ring was the token of betrothal, as significant of the enduring character of the love and engagement. The custom of using a plain gold ring as the most

appropriate for a wedding ring, came to us from the Saxons. The engagement ring may be as expensive and rich in precious stones as the bank account of the lover will warrant; but the plain gold, as rich and massive as you please, is the true wedding ring. The use of this especial ring sprung from the old Roman custom of using a ring to bind agreements. The wife wears the engagement ring after marriage in Germany, or did so formerly, and the husband the wedding ring. The *jemmel*, or *gimbal*, are the twin, double rings, ornamented and engraved with tender or pious sentiment, often given on an engagement. Some of the mottoes, or "posies," engraved on such rings are very quaint and curious, and by some were regarded as magical:

"First, love Christ, who died for thee;
Next to him, love none but me."

"Let lyking last." "A faithful wife preserveth life." "As God decreed, so we agreed." "I'll win and wear thee."

Large and highly ornamented betrothal and wedding rings are much used by the Jews. On the top of the ring is often a small temple or tower, which can be opened by a spring, and containing inside the ark of the covenant. They are not to be the property of the newly-married pair, but are kept in the synagogue, and at a particular part of the service are placed on the fingers of the couple by the priest.

Queen Elizabeth, it will be recollected, gave a ring to the Earl of Essex in token of esteem, promising, if he ever offended her, no matter how grossly, this ring, sent to her by him, would insure his forgiveness; but, when arrested for treason and sentenced to death, he sent the ring to the queen by a false friend, who withheld it, and Essex was executed. So runs the tale; whether it has any foundation or not, many romantic stories have sprung out of that incident.

The French originated the "regard" rings, in which several different kinds of precious stones are combined, so as to either spell the name or spell "Regard;" two rubies, one emerald, one garnet, one amethyst and one diamond being necessary for the word.

Very many superstitions have been connected with rings, and

some still linger about them. The Egyptians placed the wedding ring on the fourth finger of the left hand, because they supposed that an artery or nerve extended from that finger to the heart. The wedding ring was thought to possess the power to heal diseases, and many still rub a gold ring on the eyelid to drive off a sty, or any inflammation from it. It was long believed that if one procured some of the silver given as alms at the communion-table, made it into a ring, and put it on the finger of a child threatened with, or liable to, convulsions, it would ward off the danger.

In olden times many rings were made with a concealed cavity in which some quick, active poison was placed, and by it the owner escaped tortures, or death by public execution. The ring of that great tyrant, Cæsar Borgia, which he kept secret, or, rather, constantly in his own care—contained a poison which, it was rumored, he skillfully dropped into the wine of any guest whom he desired to put out of his way secretly. His father's (Alexander VI.) special favorite was a key ring, in which was a poisoned needle that pierced the hand of any one attempting to unlock a certain casket. This ring was handed to any of his officials whose death was desirable, ostensibly to bring the tyrant some article from the cabinet. Of course, obedience to the command insured the victim's death.

On the signet ring of Mary Queen of Scots was the motto, "In defens," and her monogram, M. R., but on the under side was a crowned monogram making the initials M. and A., for Mary and Albany, the title of Lord Darnley, or Duke of Albany. Darnley's ring is still preserved in Kensington Museum, with his own and Queen Mary's united in a lover's knot, M. and H. Inside the knot is Henry L. Darnley, and the year of their marriage, 1565.

The Prince of Wales gave the Princess Alexandra a "keeper" ring on their marriage, set with beryl, emerald, ruby, turquoise, jacinth, and emerald again. This spells his youthful family name, Bertie.

The curative power, the signs, miracles, and all the long list of superstitions that have centered around rings, really rest, in almost every instance, in the jewel set in the ring, and not in the circlet itself. Sentiment, and not magic, is attached to the band of gold.

All those fancies are slowly dying away, though some of them are so beautiful that one rather delights in lingering over them, half believing, half—or more than half—skeptical. But to a trusting, loving spirit, although the betrothal or wedding rings carry with them no superstition, fond and sacred memories must be centered in them that are of more value than all that magic could give. The hour that brought full assurance of love returned will daily be recalled by the sight of the golden pledge given and taken. And even more precious than any gem that may flash from that betrothal ring, is the solid plain gold band that is the token of vows taken that death alone should sunder.

SUPERSTITIONS CONNECTED WITH PRECIOUS STONES.

We have given some of the supposed virtues and legends that for a long time clustered around rings, and have tried to show that all of magic or mystery rested in the jewels that are set in the ring, rather than in the golden circlet itself. We now attempt to give some account of those superstitions.

The amethyst was, in some nations, given as a voucher for continued love and confidence, and while worn it was supposed that no power was able to shake the trust thus sealed; but if lost or defaced, all the sorrows and evils that are incident to broken faith and estranged affections might be hourly looked for.

The Persians made drinking-cups of amethyst, under the impression that no beverage drank from those cups could intoxicate. After a time, amethyst in any shape, whether as a cup, necklace, bracelet or ring, was considered a sure protection from intemperance. Many of the Jewish rabbis and mediæval writers asserted that, when worn, the amethyst subjected its wearer to wild and bewildering dreams; and yet this was one of the twelve stones which adorned the high priest's breastplate. The amethyst, with its royal purple or new wine color, was, from the dawn of Christianity,

famed as the emblem of the blood of Christ; and from that superstition it became the fixed law of the Roman Catholic Church, that no bishop should perform official duties unless wearing an amethyst ring.

The amethyst was also supposed to drive away bad dreams, sharpen the intellect, and act as an antidote against poison. It is, according to the language of gems, the "natal gem" of all born in the month of November, and in ancient times was worn as an amulet to propitiate good, and repel bad spirits.

The turquoise was believed by the people of the East to preserve all who wore it from contagion; and even now, not in the East alone, but in Christianized countries, it is still worn with full belief in the superstition. It was considered of priceless value, and many strange and contradictory stories were told of it. An ancient writer says:

"One of my relatives possessed a ring in which a very fine turquoise was set, and wore it as a superior ornament. While he remained in perfect health, this stone was noted for its remarkable beauty and clearness. At last the owner was seized with a malady of which he died. Scarcely was he dead when the turquoise lost its luster, and appeared faded and withered in appearance, as if mourning for its master.

"I had originally designed to purchase it, and could have done so for a very trifling sum. But this loss of beauty and luster in the precious stone took from me all desire to possess it, and so the turquoise passed into other hands. But as soon as it obtained a new master, it regained all of its original brilliancy, and all defects vanished."

Ths turquoise was thought, both by the Romans and Greeks, to bring good health and kind fortune to the wearer. The Shah of Persia never allowed any of the best and most brilliant of these stones to be taken from his kingdom.

The carnelian, worn in a ring on the finger, was thought by the Arabs and Hebrews to shield its owner from the plague, and is still used by many of the Hebrews to stop profuse hemorrhage.

The topaz was believed to discover poison, by becoming instantly dimmed or blurred when brought near to any poisonous substances;

that it would subdue the heat of boiling water, calm the passions, prevent bad dreams; but that its powers were governed by the moon, increasing or decreasing with that luminary.

The old legends, particularly those of the East, assure us that an immense carbuncle was suspended in the ark, to give light to Noah and his family. It was called "the flashing stone," and, by some, "the thunder stone," and that it, and the diamond, drop from the clouds in the flashes of lightning during a thunder-storm.

In ancient times, the ruby and carbuncle were the names indiscriminately used for all red stones. The Brahmins still believe that the dwelling-place of the gods is illuminated by rubies, carbuncles and emeralds. The ruby and carbuncle were believed to be amulets against plague, poison, sadness, evil thoughts and wicked spirits.

Among the Hebrews the sapphire was a transparent stone, as blue as the vault of heaven; but among the Romans it was supposed to be mixed with gold. It was asserted in ancient times, among the Hebrews, that the Ten Commandments were engraved on tablets of sapphire. To it were ascribed the magical power of preserving the sight, and strengthening both soul and body; of warding off wicked and impure thoughts; that it was a sure antidote against poison; and if put into a vessel with any poisonous creature, would kill it. St. Jerome says, "The sapphire procures favor with princes, pacifies enemies, overcomes enchantment, and releases its owner from captivity." On account of its purity it was worn by the high-priest.

The onyx was said to cause strife and melancholy, and to cure epileptic fits.

The jasper, if hung about the neck, was supposed to be a cure for indigestion—a wonderful strengthener of the stomach.

The bloodstone, or heliotrope, is credited with the same curative power as the jasper. There is a legend that, during the crucifixion, the blood that flowed from the wound caused by the spear, fell upon a dark green jasper lying at the foot of the cross, and transformed it into a bloodstone.

The opal, one of the most beautiful of all the precious stones, has had any amount of superstition attached to it. By some, the ill

luck attributed to its use is said to have arisen from Sir Walter Scott's mention of it in "Anne of Geierstein." He ascribed to it supernatural agency; and, long after that novel was published, the belief in its evil influence was so strong that no one was willing to wear an opal. That may have been the first conception of evil from wearing opals; but we think it sprang from Eastern superstition, or, at least, that there were many and various legends connected with it. Some believed that it often changed from a brilliant luster to a smoky, dull color, and that any such change foreshadowed misfortune and trouble, but did not bring it. We knew of an instance where a lady brought an elegant opal necklace to a jeweler's, desiring to sell it. They attempted to dissuade her from such folly, saying that the setting being old-fashioned, they could give her very little for what was really valuable. To this she replied that the necklace was given her as a bridal gift forty years before, and she had never had an hour's luck since they came into her possession, and she would never carry them home with her. No matter how little they were willing to give her, she would leave them. She did so; but we have never heard if, by disposing of her opals for a mere trifle, she escaped subsequent misfortune.

In Eastern nations the opal has always been highly prized; and with all the superstition associated with it, "ill luck," or evil influence has never been attributed to it.

> "Gray years ago a man lived in the East
> Who did possess a ring, of worth immense,
> From a beloved hand. Opal the stone,
> Which flashed a hundred bright and beauteous hues,
> And had the secret power to make beloved,
> Of God and man, the one
> Who wore it in this faith and confidence."

The pearl, in China, is supposed to have many medicinal properties. The moonstone is known by the name of "Ceylon opal," and in earlier days much value was set upon it. Amber was, and still is, used to protect from witchery and sorcery; and many of the present time believe it has singular properties for curing all catarrhal troubles. The Greeks believed that Phaeton's sisters, lamenting his loss after his death, turned into poplar trees, and

their tears, which flowed continually into the river where they stood, were congealed into amber.

The Greeks thought coral was formed from the blood which dropped from the head of Medusa, which Perseus hung on the branches of a tree near by the sea-shore. These drops becoming hard, were planted by the sea-nymphs in the sea, where they grew up in branches, which, slowly uniting, became the coral reefs.

In the early ages, coral was used medicinally as an astringent, and given also to new-born infants; and many valued it for its power to vanquish the devil and overcome his snares, if worn as an amulet.

There has also been much of superstition connected with the way in which certain rings should be worn, and good or evil fortune prophesied as one conformed or refused compliance to the "sign." Each finger had some sign attached to it which was used as a reason for caution. But as each finger has its individual functions, there is nothing but what can be explained in the simplest and most common-sense manner, without resorting to magic, witchcraft or signs and wonders. The third finger is now usually the ring-finger—that is, the wedding-ring finger. The ancients supposed that a nerve in that finger was intimately connected with the heart, and it was, therefore, set apart for this special honor. On the contrary, it has less independent arteries than either of the others. It can not be bent or straightened very much without some motion or action of the fingers on either side; and, as if in compensation for this deficiency, is chosen as the ring-finger.

"PROVE ALL THINGS—HOLD FAST TO THAT WHICH IS GOOD."

There is no portion of household labor, even when one is blessed with the best of servants, that is not better performed when assisted by kindly supervision, repeated directions and explanations. "Line

upon line, precept upon precept," will do no harm in all the varied duties and perplexities of domestic economy. But in examining the many written rules and directions which are published year by year, one finds such a variety, and often such contradictory directions, that it is not strange that young housekeepers often "find that darker which was dark enough before," and become quite bewildered and discouraged. Every book they open on the subject may give an entirely different idea, and they are at a loss how to choose the most judicious, or to glean from the mass those which, on trial, will prove the most trustworthy. This uncertainty is a severe tax on those greatly-to-be-pitied young damsels who are allowed to step at once—untaught and untrained—from the schoolroom into the position of the mistress of a household. It is a very hard thing for any young lady to be left entirely ignorant and free of all home duties through mistaken kindness, or a selfish desire to avoid the personal trouble of instructing the daughter during the years she must be securing her book education.

But there are two sides to every story, and from out of seeming evil almost always comes some good or compensation, if this evil is the result of others' mistakes or selfish neglect, and not one's own waywardness or negligence. A weak, frivolous nature may not try to remedy her mother's lack of instruction, when she takes upon herself the responsibility of married life; but a strong, self-reliant, independent and noble character will not allow herself to be so cheated, or sink, without a struggle, into an inefficient wife and housekeeper, on the plea that her mother did not lead her firmly into a thorough knowledge of domestic responsibilities. Such natures, undismayed by repeated failures, are quite capable, by study, experiments and careful attention to the most minute particulars, of making the most thorough and energetic housekeepers. This, to be sure, may be a more difficult way to secure that dignity, than if they had been led by a mother's hand through all their early childhood; but it is often the most perfect and enjoyable, because earned through great difficulties, unflagging study and unwearied efforts. But because there are, now and then, a few such examples, they can not be accepted as an excuse for unfaithful maternal guardianship; although none can deny that it is a great honor to those daughters who can

thus courageously and successfully overcome mistakes and difficulties.

We have been led into this train of thought by noticing the many contradictory rules that are found in different receipt-books, papers and magazines, which maternal teachings should explain and make harmless. No wonder, if this is not carefully attended to, that the inexperienced, bewildered and discouraged, exclaim, "When doctors disagree, who shall decide?" It is in just such doubtful cases that a vigorous, independent, self-reliant character often gains the victory by repeated experiments, trying first one rule and then another, until sound judgment and good common sense decide how much should be discarded as worthless. What can be relied on? If our advice conflicts with that of others, we beg our friends to *prove* each, and hold fast to that which is best, no matter from what source derived.

In what part of house-work can one find so many diverse directions as in washing? In this particular, as in all other parts of household labor, there is but one sure way. Examine each, and then let good common sense act as judge.

In washing woolens, flannels, blankets, etc., there are any number of contradictory directions—almost as many as there are books on domestic economy. One advises to wash them in hot suds, rinsing in cold water. Another prohibits cold water altogether, washing in very hot suds and using no soap in the hot rinsing water, as enough will settle in the articles from the first suds. Others object to any hot water at all, but recommend cold suds both for washing and rinsing, and tell marvelous stories of fine white flannel covered up in snow-banks and found in the spring, after the snow disappears, as soft and white as new. Others prohibit wringing either with the wringer or by hand, insisting that blankets and flannels should be hung up for a few minutes to drain a little and then snapped hard by two persons, hung again on the line, and the snapping repeated as often as the water settles at the bottom and begins to drip, and again hung up—each time by a different side or end—and stretched into shape. But we think hot suds and hot rinsing-water only should be used with woolen goods; no rubbing, but squeezing through the hands; and no wringer, but

willing hands to give faithful snapping and frequent change of position on the line, pulling well into shape each time. Still, other modes may be better than this.

There are points, however, where very many well-informed persons agree, namely: Hard water should never be used in the laundry, if in any possible way it can be avoided. No woolen articles should be passed through the wringer. Soap of the best quality only to be used, and with woolen articles no soap to be rubbed on, only washing in a hot, strong suds. Above all, never to change flannels from a tub of hot suds to cold, or cool water. Increase the heat by adding fresh hot suds as it cools, but never decrease it. If the latter is done, it will surely full woolen goods and make them hard. All other directions will surely fail if this is not carefully observed. No garment can look nice if washed in hard water, and woolen goods are more injured by it than any other article. If the water is hard, soap put into it will tell the story. If there is sulphate of lime in the water, the moment soap is added it will rise in curdles on top, instead of forming a lather, or suds, thus forming another kind of substance, or soap, by its union with the lime; and that substance will never dissolve, but settles all through the clothes, giving, in spite of the last rinsing, a streaked, muddy look to every thing white. Therefore, when one sees a greasy scum rising on the water where soap has been used to wash the body of clothes, nothing else is needed to show that the water is hard.

Next to distilled water, rain-water is the softest, and should, as far as possible, be used for laundry purposes. It is on this account particularly, that a house with a large tank for receiving rain-water is of the greatest importance. But care should be observed in selecting materials for the roof over which the rain falls and runs into this tank. Lead, copper or zinc on the roof will injure the water, making it hard—aside from being poisonous. Rain-water has a solvent power on these substances. When there is mortar used on or about the roof, the water will be somewhat injured by the lime; but usually there is not a sufficient quantity to do much injury, except while the roof is new. There is a sufficient reason for having slate for the roof, in the fact that water will not be affected by that substance. Spring-water would be as good

as rain-water, if one could be sure through what quality of soil it passes before it forms the spring. If through a limestone region, it will, of course, be hard water, and also if through a soil impregnated with salt to any degree. We are speaking simply on the ground of household convenience. If looked at from a sanitary standpoint, it is still more important that soft water should be used for all purposes, as far as possible. Animals may teach us good lessons here. Horses, cattle, sheep and some birds will not use hard water if they can by any means find that which is soft.

In cooking almost all kinds of meat, soft water should be used when possible; but with vegetables hard water is often best, and for that reason salt is thrown into the water to make it hard when cooking. Some vegetables are spoiled by cooking in soft water, because it will dissolve or make them so tender that all the flavor passes into the water, leaving the vegetable insipid and worthless, destroying all the firmness of texture necessary to retain the flavor and juices. Salt is also added to retain the color, else that would be lost in the water, and the vegetable become yellow. Soft water is best for making soups, broths or any thing from which one desires to extract the juice regardless of the substance, and hard water when it is necessary to hold the juices in the meat; and as the softest water may be made hard by the addition of salt, housekeepers will do wisely if they provide themselves constantly with soft water, as far as possible.

HINTS ABOUT WASHING.

Much has been said relating to the best ways of general washing; but with almost all that belongs to household labor a word every now and then will not come amiss, particularly as some new theory is advanced every few months, and often found to be a great improvement upon many of the older ones. Besides, there is still so much left unsaid which is of importance, either as saving time, strength or fuel, or being less injurious to the clothes. For instance:

In summer, if one has a nice grass yard where the clothes can be exposed to pure air and clear sunshine, all white clothes but the very dirty can be washed and bleached without the trouble of boiling. This saves time, fuel (and in the city always, and in the country sometimes, fuel is a large item of expense) and also some extra wringing. Wash the articles carefully in good, clean suds, and spread them at once out of the suds, without wringing, on the green grass to bleach. Leave them an hour or so—until the colored clothes, woolen and coarse articles, are washed, rinsed and hung out; then take them up from the grass, pass them through a tub of clean, hot, but not very strong suds, and then through a large quantity of well-blued rinsing-water, and hang up to dry. This gives all white clothes a nice color. If there is no grass-plat, this mode of bleaching can not be carried out.

In washing merino, lamb's-wool and silk underclothes, or silk handkerchiefs, none but the best and purest soap should be used. The soap should be well dissolved in hot water into which the articles to be washed are put; but only two or three at a time, keeping fresh suds hot over the fire, to be added when more clothes are put into the tub. Do not rub them, but cleanse them by drawing them through the hands—up and down—in the suds. Rubbing shrinks woolen, and injures the fabric of both woolen and silk. When they have been thus drawn through the hands till clean, wring as dry as possible, with the hands, to remove all the soap; then rinse in a tub of hot water, which should be ready to put the pieces in immediately on being wrung from the suds. It shrinks and yellows woolens badly, if left out of the water any time after being wrung, either from suds or rinsing-water. As they are wrung out, shake each piece free, and put at once into the rinsing-water. As fast as it can be done the pieces should be rinsed, wrung out, stretched into their proper shape, and hung smoothly on the line where the wind and sun can have full play over them.

Never wash woolens or silks on a stormy or cloudy day, but put them by till the sun shines. And never put either through the wringer. It makes woolen thick and harsh, and creases silk past restoring. We know of no washing compound that we would trust to use in washing such goods.

Many good housekeepers complain that their clothes turn yellow in washing, and they can not understand why this should be. We think they will soon find a remedy if they will take the trouble, so far to oversee the washing, as to be sure that the clothes are put on to boil in *cold* water, instead of hot or even boiling water, as servants are overfond of doing. The clothes, cotton or linen, after wringing from the first suds, must have a little soap rubbed on the worst stains or soiled spots—enough to make a good suds when they are put into the boiler of cold water, and placed over the fire. Nothing turns clothes a bad color so quickly as to put them into hot water, and if they are allowed to boil long it is very much worse. From twenty to twenty-five minutes' slow boiling is quite long enough for the dirtiest articles. Sheets, pillow-cases, towels, handkerchiefs, table-linen, etc., should have very little boiling. Let them scald for twenty-five minutes without at any time coming to full boiling heat, and the color will be much clearer, and streaks or stains be more readily taken out, if boiling is rejected for all but the coarsest and dirtiest articles.

There is another negligent or ignorant act which yellows clothes very rapidly, and that is rinsing them in too little water, and neglecting to change the water when it first begins to turn cloudy or show the suds. The first rinsing-water must be carefully watched, taking care that there is an abundance of water, and changed so often that when put into the last rinsing or blued-water there shall be no indication of suds or soap in that water. Careless rinsing, by leaving soap in the clothes, will in two or three washings begin to change color of white articles to a dingy yellow, and it is a long and difficult piece of work to bring them back to their proper color.

In these hints we have referred particularly *only* to the washing of white goods, and more especially linen and cotton; but in washing woolen goods there is a mode, well indorsed, but which we have not tried, of washing white merino, flannel or white cashmere without using soap at all, but common wheat-bran and hot water. It makes an excellent lather, and if these articles are washed in this way, it is confidently affirmed that they will not shrink in the least, or turn yellow, but be as white as when first bought.

In washing colored cotton goods there are a great number of ways

by which the color may be preserved. For buffs or gray linen a tablespoonful of black pepper to a pailful of water will "set" the color, and not harden the water at all. Let the articles to be washed soak in this water a half hour or so, and then wash as usual. It is excellent for black or colored cambrics or muslins, and with ordinary good washing these articles can be kept looking new a long time. The suds should be made with the water in which the black pepper was put, and in which they are soaked. Buffs and gray are not easily spotted after having been washed in the pepper-water. It not only prevents fading, but keeps the color from "running."

A thoroughly good housekeeper says that when washing black calico, or all goods whose colors will not look clear when dried, she first washes the goods clean, rinses thoroughly, and then puts them into a tub of clear, cold water, and lets the articles remain soaking in this water several days, changing it once or twice a day. She says she has kept these goods, if at all inclined to fade or run, in this clean, cold water ten days or a fortnight, changing the water daily, and in the end they came out fresh and bright as if direct from the store. There is no trouble in this except the extra work of changing the water.

Others claim, if boiled in vinegar before putting it in water at all, plain black calico or muslin will never fade or turn brown or rusty. This seems a risky experiment; but if at all skeptical about the results, take a small piece of the goods, and experiment on it before venturing on the whole dress.

Ox-gall is also excellent, we know, to preserve colors, and is easily procured of the butcher or from the druggist; and while delicately colored stockings are so much worn it is a wise thing to keep it and powdered borax near by for frequent use. Put a teaspoonful of powdered borax to every pail of hot water, and a tablespoonful of ox-gall. Use very little soap. After using ox-gall the first time the garment is washed, it will not be necessary to use it again; borax after that will do all that is needed. In washing colors in this way, it is not well to let them remain any longer in the water than it must take to cleanse them. Hang all colored goods in the shade to dry.

Be particular to remove all stains from white goods before they

are wet or put in to the wash. If there is any ink on any white article, dip the spot in boiling hot tallow before it has been wet; let it cool, then wash out in hot soap-suds, and the ink will disappear. If any article is iron-molded, prepare oxalic acid and cream of tartar in the proportion of one part of oxalic acid to four parts cream of tartar. Dip the finger in water, then dip it in the powder, and rub on the iron-mold. Keep the spot moist by dipping the finger in the water and then into the powder, and rub it on the spot several times. The stain will soon disappear. As soon as no trace of the mold is left, wash the linen first in pure, cold water, then put it in the suds with the rest of the wash, and proceed as usual. Be careful not to leave the acid on the linen a moment longer than is necessary to remove the stain, as it will soon injure the texture of the cloth. Oxalic acid is deadly poison, and the powder should be closely bottled and marked "*Poison*," and put safely away where no one will meddle with it but those who have charge of the work. After the stain disappears, wash the hands carefully before using them for any thing else. An old tooth-brush is better to wet and dip in the powder and wet the stain with than the finger, if, with the vial of powder, it can be safely put away.

Or, with less trouble, one can put a teaspoonful of oxalic acid in a pint of boiling water, and dip the stain in the solution till the stain is removed, and then rinse in clear water, and wash as usual.

Fruit-stains on colored goods can be removed before washing by just wetting the spot, and holding it over a lighted brimstone match. The gas from the sulphur on the match is almost sure to remove the stain.

If vinegar, lemon or any strong acid has taken the color from silks, the color may be restored by mixing a little saleratus with a strong soap-lather and carefully touching the spot with it. Be careful and allow it to touch only the spot. Just touching the spot with ammonia will also restore the color if taken out by common fruit-stains.

It is a good and wise arrangement to have all the large woolen blankets washed in summer, because there are longer days, more clear sky, and warmer sun to dry and bleach them. Never attempt to wash blankets except on a day that promises clear weather; for

if they are caught in a shower they will be injured more than by a half-dozen good washings. Begin early in the morning; one needs the whole day to be sure that the blankets are thoroughly dried before leaving the clothes-line. First make a strong suds before the blanket is wet, so as to have no soap adhere to the blanket. Have it hotter than the hands will bear. Wash but one blanket at a time. Put that one blanket into the hot suds, pressing it well under the water with the clothes-stick. While cooling enough to handle, prepare a second water, of a weaker suds and boiling hot water; then a third tub of hot water with scarcely any soap. The suds that will still adhere to the blanket will nearly make the third water soapy enough, for it is better to have rinsing-water for woolens a little soapy. Put bluing into the third water, well stirred in. Do not rub on the board, but press them up and down in the suds till clean. Rubbing curls the nap of the blanket into little, hard balls, and makes the blanket harsh. Wring out lightly with the hands; never a wringer, for the same reason given above. If convenient, get a second person to help wring and pull out carefully into the original shape and size. Then put it into the second suds, keep well under the water, and put a second blanket into the first suds to soak till the first is rinsed through the last suds and hung up to dry.

It is a good plan to pour the first suds back into the boiler, put in the second blanket, and set the boiler on one side of the range to keep at the right heat; and when the first blanket has been passed through the rinsing-water, put the blanket into the third suds, and set the first rinsing-water over the fire to keep hot; in that way one can wash at least four good-sized blankets without making new suds, unless very dirty.

Each blanket, as it passes through the three different suds, should be gently wrung, well stretched and snapped, if there are two to work together. This is almost the only kind of household labor that is not expedited by each one doing it alone.

After the blanket has passed through the third water (the bluing water), it needs to be very faithfully snapped and stretched and hung on the line, taking great care that the corners are pulled straight, and that the blanket is hung straight lengthwise by a

thread, and securely pinned on the line. When about a third dry, let two go to the line and turn it widthwise as perfectly straight, by a thread.

Four blankets are enough to do in a day, so as to be sure of their being dried before night. Before the dew falls lift them from the line; one person taking two corners, the second the opposite corner; pull them out straight, fold by a thread, and put into the clothes-basket neatly. The next morning, as the woolens may have gathered a little dampness, when the sun is well up unfold them and put across the line straight for an hour, to be sure they are thoroughly dried. Then fold very carefully and pack away in the linen-closet, or into moth-proof barrels.

We have many inquiries as to the best kinds of "washing fluids," and have not a few recipes sent to learn if we think them injurious. For instance, a washing fluid, said to be one of the best ever made, is prepared as follows:

"To five quarts of water put one pound of sal-soda, half a pound of unslacked lime, a small lump of borax. Let this mixture boil a minute; then take from the fire and let it cool. When quite cold, pour off from the dregs or sediment, and bottle. Use one teacup of this fluid to a boiler full of clothes."

Now, without doubt, this mixture will make clothes look very white, and much decrease the labor of rubbing out the dirt and stains; but we are sure that using it once a week for a month or two would greatly weaken the fabric of the cloth, and ruin the clothes for long service. One pound of sal-soda and half a pound of unslacked lime to only five quarts of water must be much too powerful to risk clothes with very often.

There are a large variety of washing fluids, each one of which claims that no harm is done to the fabrics they are used to cleanse; but all have soda, lye or lime in their composition, all of which substances are, in more or less degree, corrosive; and we notice when any specific directions are given, a caution is always subjoined against allowing clothes to be left long in the suds in which the washing fluid is used. "It does not rot the clothes, but they must not lie long in the water. The boiling, sudsing, rinsing and bluing

must follow each other in quick succession." Why? Why this haste, if no injury can be done by the fluid?

But there is something to be said in favor of all such fluids. They are excellent, added to hot suds, for removing grease-spots from floors, windows, doors, or the cleaning of wooden-ware, tin-ware, pots and kettles. There is nothing better, provided they are well rinsed and dried, to prevent rusting.

Ox-gall soap is an excellent article to use in cleansing woolens, silks, or fine prints liable to fade. To make it, take one pint of gall, cut into it two pounds of common bar-soap very fine, and add one quart boiling soft-water. Boil slowly, stirring occasionally until well mixed, then pour into a flat vessel, and when cold cut into pieces to dry. When using, make a suds of it, but do not rub on the article to be washed.

Soap for Family Use.—A large proportion of the soap for toilet or laundry use is greatly adulterated, and often with substances injurious to the skin, if not actually poisonous. It is well for housekeepers to know the signs and be able to form a tolerably correct judgment of what they purchase. The fat used to make soap is often tried out from sick animals, or those that have died from poison or from malignant diseases. This can be used safely, although not agreeable to think of, if one is sure that in making the soap the fat has been thoroughly "saponified," or turned into genuine, unadulterated soap. But, once made and turned over to the market for sale, it is not easy to judge correctly.

When making soap, if the fat is heated to a high degree, a soap-like substance rises round the fatty particles. If allowed to reach this state of great heat, and then some of the adulterations, such as sal-soda, silicate, or resin, are added, the fat will not become clear soap, or be "saponified," but remains filmy. In this case, if the fat was from a poisoned or diseased animal, it will remain so. It can not be purified, and will be dangerous to use. If such soap is made into bars, or hard soap, it will always feel oily—a sure sign that it is not fit to use. When soap feels sticky, there has been too much resin in it. When the fat is pure and the soap properly made, it will have a slippery feeling, that when once noticed will not be forgotten.

Soft soap, if pure, will always be semi-transparent. If filmy or clouded, the grease from which it is made is dirty or impure. It is always safer to buy soap that is warranted pure. Many of the substances added to the great number of wonderful soaps advertised, are in no way serviceable in extracting dirt or stains; but by increasing the weight with less costly articles, the venders make a profit at the expense of the consumers. Fiften per cent. of resin may improve soap or make it more cleansing, but beyond that all that is used deteriorates the quality of the soap. And yet we learn many varieties of hard soap sold have at least seventy-five per cent. of resin, and those who purchase get only one-third of what they spent their money for.

It is very little trouble to make the soap for laundry and kitchen purposes at home. If all the grease is saved and tried out from the bones and scraps so as to keep sweet and clean, and when a quantity is collected, lye from hard-wood ashes or pure potash is added to it, any one can have the best of soap, and with it the satisfaction of knowing it is free of all injurious adulterations. There is not a great amount of labor in making it.

Never use concentrated lye to make family soap. It is too corrosive. But, if convenient, after melting the grease, add the lye to that, and boil together. If not convenient to do that, put the lye cold into the cask and melt the grease; when hot, pour it to the cold lye. Stir it well together; and two or three times a day, when near the cask, stir it thoroughly. If the lye is either too strong or too weak, it will not cut the grease and combine together. If too strong, pour in water—not much at a time. If too weak, add stronger lye, also in small quantities, until the desired effect is attained.

Lye should be strong enough to bear up an egg so that a very small part of the shell rises above the water, not larger than a dime. Pine-wood casks are the best for holding soap or lye.

These directions are intended only for soft soap. In the city it is too much trouble to make hard soap, but only the best kinds should be used. In the country one has more facilities for making both hard and soft soap, especially in farmers' families, where they can save some hard-wood ashes, even if not enough for all the soap

they need, and nothing will make soap so satisfactory as lye from hard-wood ashes.

Every young housekeeper should understand that, without her own careful watchfulness and quiet supervision, very much grease that could be usefully employed as shortening—or, if too coarse for that, for soap—is thrown into the soap-fat pot and sold as the cook's perquisites without the mistress having any knowledge of it. If it is understood from the beginning that the mistress will take care that all the waste grease is saved, tried out and strained, and by-and-by made into soft soap, two good things may be gained—temptation to dishonesty on the part of the servants will be removed, and a quantity of pure, clean soap may be obtained. Twenty-five pounds of well-saved grease will make a thirty-two gallon cask of soap.

STARCH AND STARCHING.

In commerce there are two classes of starch; that used for food—as arrowroot, sago, tapioca, etc.—and that which is used in the laundry, of which there are but three kinds very generally in use, manufactured from wheat, rice and potatoes. Some use simply wheat-flour for starching colored or coarse articles, but the saving in its use is not sufficient to compensate for the yellow look it gives white clothes, or the muddy, faded hue that colored articles assume. Poland and French starch are considered purer, less likely to be adulterated, than the English or American.

To secure the pure starch that comes from wheat, the grain need not be ground at all. It is well winnowed and all impurities and foreign substances removed, and then covered with cold water and left to soak until the husk can be easily removed, and the grain has become so softened that a milky juice flows from it on pressing it between the fingers. The water is then drained off and the wheat put into coarse crash or duck-bags and thrown into another vat of water, when it is subjected to heavy pressure. The milk which the

kernels contain is thus pressed out, and mixes with the water; and when no more will flow the sacks of grain are removed, and the water left undisturbed till this milky portion, or starch, settles to the bottom. But it will not be quite pure, as a portion of the gluten, or gummy part of the wheat, will have mixed with the milk, or starch, under the pressure, although most of it will remain with the refuse in the sacks.

In order to release the starch from any portion of gluten, and make it white and pure, it is left in the water about ten days in summer and fifteen in winter, or until it ferments. This fermentation results from the sugary mucilage, which is one of the properties of wheat. It is this which first starts the working of the grain, and in the end produces a kind of vinegar, the acid of which has the effect to dissolve the gluten, but does not in any way affect the starch. As soon as this working, or fermentation, has lasted long enough to free the starch from all other matter, the starch will settle to the bottom, quite white and free from all impurities. The water is then poured off with care, and more water poured over the starch which lies at the bottom, and that is then loosened, or stirred up from the bottom, into the water, and again left to settle. This washing is continued till the starch has been put through several waters. It is then dried, first in the open air, then in an oven not hot enough to change the color. When put into the oven to dry, the starch breaks up into irregular shapes, as we find it in the boxes. Enough bluing should be added during the last washings to give it a clear bluish tinge, with no trace of the yellow color which is often seen in second-rate starch.

Rice-water has for very many years been used for starching muslins, and is thought, in some respects, to be superior to Poland starch. It will not stick to the irons when ironing, and if properly made is excellent for fine articles not requiring to be very stiff. Boil the rice without putting it in a bag. When the rice is done, pour off all the water, and then boil it till quite thick—about like well-thickened starch. Within a few years there has been considerable rice-starch manufactured, and many prefer it to the best wheat-starch; imagining that the fine articles look clearer, more like new, and

finding much comfort in starch that will not stick to the irons and leave spots or scales of burnt starch on the clothing.

Potato-starch may not be quite as good as Poland, but it is very convenient, as it can easily be made at home, and, when prepared with care, it will take very keen eyes to detect any difference in the appearance of articles starched with good potato-starch and the best of Poland; but if garments are left long unused when done up in potato-starch, they are more liable to turn yellow.

The process of manufacturing potato-starch is very simple. Select the most mealy potatoes, wash them perfectly clean and grate them into a large vessel or tub of clean water. Stir the pulp about in the water as it is put in. After a short time the pulp will all settle to the bottom. Then pour off the whitish water with much care, so that none of the pulp will mingle with it. Set it aside and add more water to the grated potato. Stir it up well, leave it to settle, and then drain off the milky water as before. Continue this, adding water to the pulp each time till the water runs clear, with no milky color about it. Put this water, as it is drained off, all in the same tub. When all the starch is secured that can be obtained from the pulp, leave it undisturbed for an hour or two to settle, when the milky portion, or starch, will fall to the bottom of the tub or pan, leaving the water perfectly pure. Pour off the water when clear; it can be done without any waste of the starch, as that will, when settled, form a solid mass and adhere to the bottom so well that none will drain off with the water. This done, set the tub or pan in which the starch is, in the sun till thoroughly dry. When dried, there will be in weight about one-fifth as much as of the potatoes that were used.

Potatoes contain no gluten, and consequently there will be no fermentation to separate the starch from the pulp, as in wheat; but the starch, when well washed, needs only to be thoroughly dried and put into boxes ready for use. This kind of starch thickens quicker than wheat, and is really so nearly equal to Poland starch that it is difficult, if not impossible, to tell by the looks of the clothes which has been used. It should be kept in a dry, cool place, as it is liable to grow damp in wet weather. It takes a less quantity of starch for the same quantity of clothes than any other

variety, yet is very little used, although of late it seems to be better appreciated. It is but little trouble to make sufficient potato-starch to last a good-sized family a year, even when done at home, with no machinery but a clean tub or pan and a good-sized grater. It is, however, manufactured for market.

Having selected the starch, the next step is to choose from many and diverse rules, for making and using it, those which are found best to meet the wants and judgment of the person who is to have charge. Some advise to boil the starch at least twenty minutes, and others say it must not be boiled over five minutes; for potato-starch that is long enough. Some recommend putting a little butter into the starch, others lard, salt, tallow, sperm, starch-polish, isinglass, gum-arabic or kerosene. Others object to boiling starch at all, but use raw starch, especially for collars, cuffs, shirt-bosoms, and all things that need to be very stiff—one tablespoonful of starch to every shirt, dissolved and rubbed smooth, and sufficient water added to wet thoroughly the articles to be starched. As soon as well wet and rubbed in, dip the piece starched quickly in clear cold water, wring hard, and roll it up in a towel for an hour before ironing. It is quite important that the piece starched should be instantly dipped quickly into clear cold water, so that any particle of starch that may not have been dissolved shall be rinsed off, or when ironing it will stick to the iron and spoil the linen, or make it necessary to wash and starch it over again.

But we think boiled starch is far better, giving a better finish to the work when ironed.

We should say, use a tablespoonful of starch for every shirt-bosom, adding to that about two large spoonfuls more, and that will leave plenty for other articles to be starched. Wet the starch in cold water, and with a wooden spoon stir it to a perfectly smooth paste. This done, pour in boiling water. Stir it rapidly, to keep from lumping, till it looks clear. Boil the starch ten or fifteen minutes, and just before it is done add a small teaspoon of kerosene to every quart of starch. It gives a better gloss than lard or butter, which incline to yellow the linen. This proportion is enough, and has the effect to whiten as well as polish the goods. Too much is injurious.

Use the starch scalding hot; rub it into the linen till it is perfectly filled with it, and will absorb no more. When it is not windy or frosty, starch the clothes as soon as thoroughly wrung from the rinsing-water. Frost and wind destroy the stiffness. After the shirts, collars, cuffs, etc., are dry, mix a tablespoonful of starch in cold water. Dissolve a piece of borax the size of a chestnut in a little boiling water, and pour to this starch, then add enough cold water to dip the bosoms, etc., in. Wring dry, and fold up tightly in a clean, dry towel.

If, in ironing, starch sticks to the iron, it is too thick. If, as is often the case from the iron being too hot, the linen is yellowed, hang the garment in the sunshine, and the mark will disappear—that is, if it is not an absolute scorch. If the linen is dried before it is starched, just dip and wring out the cold water before putting into the starch. It will penetrate through the material more thoroughly than if dipped into hot starch while dry and stiff.

Isinglass is a very delicate starch for muslins, and is good to give gloss to linen if a little is dissolved and put to the starch before it finishes boiling. A little salt thrown into starch while boiling will keep it from sticking to the iron.

It is a wise plan to keep starch-polish in the house, as it is easily made; shirts, collars and such articles as are thought nicer for a good polish may be brought to the proper condition easier by its use. We add a good way to make it:

One ounce white wax, two ounces spermaceti, and half or two-thirds of a teaspoonful of salt. Mix, and melt them together, and pour into a small cup or mold, and when cold it will be a hard, white cake. This polish will keep a long time; no danger of its molding or souring. For three shirts a piece the size of a pea put into the starch, and well stirred in, will be sufficient.

Or, when making starch for nice clothes, put a teaspoonful—or more, if a large washing—of the best quality of the white glue, which comes in thin scales, into a clean, bright tin-cup. Pour to it half a pint of cold water; set the cup into a pail of warm water, and place it on the back of the stove until the glue has all melted. As soon as the starch is nearly done, strain this glue-water into the starch, add a pinch of salt free from any motes, and a very little

bluing—only a drop or two, according to the quantity of articles to be starched—and a small bit of white wax and spermaceti, not more than the size of a pea.

When glue is used it will not be necessary to make starch so thick. Usually it should be about as thick as rich cream.

IRONING.

Washing, rinsing and starching having received a good share of attention, ironing demands its appropriate portion of the housekeeper's care; for, although not absolutely necessary to cleanliness, it is indispensable if one has regard to comfort and neatness.

Most women can iron passably well; but to be able to do it in the most desirable manner, even the most dexterous and skillful will require long experience.

Mangling answers very well, if done with care, for sheets, towels and plain pieces, but lacks the finish and gloss that can be secured by the use of hot irons skillfully applied. It is the most expeditious, certainly, and is not so hard on the fabric of our garments; but unless the articles thus smoothed are pulled into shape, and folded with the greatest care, we, at least, find no pleasure in them. But the mangle can not be used for fine or delicate goods or where there are plaits, gathers or folds.

All qualities of goods, after having been washed, dried, and, if necessary, starched, must be folded with care, preparatory to ironing, or the work can not be well done. Do not roll the things up carelessly, with the excuse that it takes too much time to be so particular about it. On the contrary, it is a most essential time-saver. Sprinkle linen or cotton slightly, put the corners together, and pull out evenly into the proper shape; fold evenly, by bringing the selvages into a true line, fold over straight or in the same line, roll up very tightly, wrap in a clean towel, and, after soaking thus till thoroughly dampened, begin to iron. Any one who objects to this process on the score of economizing time, will see, by actual

experiment, how much easier the work is accomplished on account of careful preparation by exact folding.

Any person of experience, either in doing the ironing or overseeing it, will easily detect imperfection in the work, and especially the effects of careless folding, which will make many wrinkles and unseemly creases, and, perhaps, iron-rust stains—or what looks like them. For if a garment, sheet, table-cloth, etc., is badly folded after sprinkling—the ends uneven, the selvages unmatched, and all askew—no laundress is so skillful as to be able to iron it without leaving some inequality of surface, so that there will be ridges; and as the iron passes rapidly over the damp surface any rust or scorched starch on the iron will at once adhere to the article.

By the way, that points to another duty of the housekeeper, of which we have before spoken. When the basket of ironed clothes is brought up from the laundry, to be sorted over and examined by the mistress, she must not be satisfied with simply the external appearance. Most laundresses will have the *last* folding nicely ironed—unless they have learned that their employer's eyes are not keen to examine, or that she is "so easy" that the laundress is expected to sort them out and put them away herself. The housekeeper's business is to be wide-awake, as she puts the various articles in their proper places. It is not infringing upon her time. It only calls for close observation, just to notice each piece; see that there are no dark streaks on collars or wristbands from lack of thorough washing, no brown or yellow stains on the seams, to show that the iron used was not well cleaned. In putting shirts and undergarments into the drawers a quick, careful eye will soon learn if they are well done throughout, or simply on the surface. There are but two remedies for the latter. Let the girl see that her mistress well understands the difference between false and true; and, while she kindly but firmly points out the defects, and states explicitly the only way that will satisfy her, quietly returns the disfigured pieces to be washed and done up anew. Let her try this way until fully satisfied whether the girl is ignorant or stubborn. If the latter, the second course is the only one left: dismiss the laundress, and search for one who is willing, at least, to *try* and

do her work properly. A willing hand, guided by a kind and intelligent mistress, will soon master all difficulties and make the work easy.

In ironing there are several things to be observed before the work is really begun:

The ironing-board or table should be firm and strong, and immovable while ironing. For that reason it is a good idea, where there are stationary wash-tubs, to have a top cover, or lid, made expressly for an ironing-board; or, if one has not this convenience, a table mortised or set in the wall in a convenient part of the room, and with two strong, firm legs to hold the front side, is a great comfort. The legs may be made with a flat base so that they can be screwed into the floor. Some provide a table with hinges on one side, and legs that can be turned up in front, so the table can be let down when not in use and hang by the wall. But this can never be a *firm* table; and it is of much importance, when ironing, that the latter does not shake while one is at work.

The arrangements for heating the irons should, as far as possible, be such that they can be kept perfectly clean, either in a pan provided expressly for that purpose, or by a stove kept for ironing only. If set on the stove they are in danger of being soiled by something cooking, or becoming rusty from some fluid boiling over on the stove. It is of the greatest importance that the smoothing-iron should be kept perfectly smooth, free from rust or burnt starch. A paper or piece of cloth should lie on the table with a piece of beeswax laid between the folds. If the starch sticks (it never will if rightly prepared) rub the iron first on some wood-ashes or salt, and then quickly over the wax, rub it on a clean cloth, and then, if not rusted in deeply, it will work smoothly. In buying sad-irons (so called from the old Northern word sad or solid) be careful and select three sizes, and all of the smoothest surface. One size, large and heavy, for coarse garments; one, a medium size, for linen and cotton; and the polishing-iron for starched clothes, rounding at the sides and ends, by which, after a garment is half-ironed with a common iron, a polish can be secured by a very brisk movement, tipping the iron a little on the rounded side.

For the ironing-table a coarse, woolen blanket is needed, which

should be stretched double thickness on the table, and large enough to entirely cover it. Then draw the corners down tight, and tack them folded over the corners of the table. Four tacks are enough, which can easily be removed if the table is needed for other purposes. By thus tacking the corners to the table, and drawing them tight over it, a plain, smooth surface is secured, on which to pin a cotton sheet doubled.

A bosom-board should be about eight inches wide, and from seventeen to eighteen long, and perfectly smooth and level. Cover one side of the board with two thicknesses of coarse flannel, or a piece of an old blanket drawn tightly over the board, and large enough to be tacked just over the edge of the board. Cover with two thicknesses of cotton of the same size. The other side, also perfectly smooth, should have but two thicknesses of strong cotton laid and tacked over the edge, to lap on to the cover of the other side. This is to be used to put the last polish to shirt-bosoms after they have been partially ironed. Galvanized tacks with smooth heads should be used, that there may be no danger of iron-rust or injury to the linen.

First, iron the shirt all over, wring a clean cloth out of clean hot water, and rub over the bosom. Go over the bosom rapidly with a very clean hot iron, then with a plated knife or thin paper-cutter raise the plaits, and iron again rapidly. Then rub the bosom again with a damp cloth, turn the bosom-board over, so that the hard surface with the thin cover will come under the shirt-bosom, and iron with the polishing-iron, expending as much strength in bearing down as possible. Rub briskly with the rounded end of the hot iron back and forth, ironing only a small strip at a time, till the whole bosom is of a clear polish. The polishing-irons must be wrapped up in flannel or paper when not in use, and kept dry and always bright.

It is difficult to give written directions for ironing. Practice is the best teacher. Things that are to be flat when finished, such as cuffs and collars, should be covered with a clean, fine linen cloth; a towel is too coarse, or has too large threads, and will leave their imprint on the article ironed. This cloth is to be placed on the article, and the iron passed over it once or twice until there is no

mote or starch that will adhere to the iron. This done, remove the cloth, lay the article smooth, pull the ends and corners straight and even, and then go over it firmly and briskly with a smooth, clean iron, and finish with the polishing-iron.

Fine, soft articles, such as need no polishing, as lace and muslins, should be ironed on a soft ironing-blanket, with a soft, fine ironing-sheet. All such articles, after a careful sprinkling, must be rolled up smoothly, and unrolled one at a time. Laces, of course, are to be carefully brought into shape, and all the edge or purling pulled out like new, folded carefully, and not ironed.

In ironing silks, cover them over with paper or fine cotton, and use only a moderately heated iron, taking great care that the iron does not touch the silk at all, or it will make the silk look glossy and show that it has been ironed. Any white article, if scorched slightly, can be in part restored, so far as looks go; but any scorching injures the fabric, and no effect can entirely control or counteract the mischief.

As far as possible, iron *by the thread*—that is, pull the material straight, and endeavor to move the iron in the same line with the thread of the cloth.

(In suggestions for making starch we omitted the caution to cover over the starch close, as soon as made, to prevent any thick scum forming on the top. That is a waste of starch, and if not entirely removed will be sure to stick to irons.)

THE HISTORY OF COFFEE.

"Coffee! Oh, Coffee! Faith, it is surprising,
'Mid all the poets, good and bad—and worse—
No one—poor, little brown Arabian berry—
Hath sung thy praises. 'Tis surprising—very!"

This little brown berry was unknown two hundred years ago, or only used by the uncivilized Abyssinians as they found it growing wild in their forests. But now, all through the East, coffee is con-

sidered quite as indispensable as the pipe; and throughout Europe and our own country it is classed among the necessaries of life, sought for, and, as far as possible, used, or its counterfeits, by rich and poor. Literary people and men of business have learned to feel that they can not enter upon their morning labors until they have braced themselves up with a cup of coffee as their morning stimulant. The belle who is bleaching her roses by fashionable dissipation, far into the small hours of night, can not rouse herself the next day from the consequent listlessness and stupor, until her coffee is first brought up to her bedside.

"The proud sons of highest civilization are now miserable without the coffee of the African robbers, the tobacco of the red barbarian, the tea of the despised Chinese, and the sugar of the wretched Hindoo or negro. They can not break their fast without coffee, and after their dinner require it as a digestant. The whole social life in many nations seems based upon this insignificant bean, which, two centuries ago, was only known as a wild African production, occasionally used by the natives as food or drink."

Coffee was first discovered, it is said, growing wild in Southern Abyssinia, and was called after one section of Eastern Africa—Kaffa. In that region it grows wild and abundantly. There are many legends respecting its discovery and use.

In 1285 it is said that Hadji Omer, a dervish, was expelled from Mocha for some real or fancied misdeed, and, hiding in the forests, was driven by hunger to parch and eat the berries of the coffee-tree. Finding them palatable as well as nourishing, he next tried the experiment of steeping the bruised berries in water and drinking the decoction. When his enemies looked for his remains in the woods into which they had thrust him, they found him well and strong, and, of course, voted this to be a miracle sent to prove his innocence, and at once proclaimed him a saint.

In the fifteenth century a Mohammedan priest was overtaken by grievous illness while returning from Persia, and was given coffee as a medicine. Experiencing great benefit from its curative qualities, and feeling it to be inspiriting as well as strengthening, he commenced a series of experiments with the "black draught."

Among others, he gave it to the monks under his charge, hoping its exhilarating effects would rouse them from their torpidity during the hours of prayer, and, finding it a successful experiment, after a time a coffee-room was organized. These resorts led to indulgences not to be tolerated in the priests of Mohammed, and the ruling priest sought for some plausible reason for abolishing these places. As this new drink was prepared from a roasted berry, these wise men decided that a roasted kernel must be some kind of coal, and, the Prophet having forbidden the use of coal, they therefore prohibited the use of coffee.

But the people as well as the priests, having tasted, were not ready to forego the luxury. The mufti taxed coffee heavily; but no prohibition, however stringent, could debar them from this luxury, and it was still used in secret. At length another mufti became ruler of public affairs, who decided that coffee was not coal, but, on the contrary, a most valuable article of commerce, which could greatly increase the revenue of the government. The appetite that had taken possession of all classes steadily increased; the poor would beg for money to procure a cup of coffee; and at last if a husband refused to provide coffee for his wife, it was considered sufficient cause for her to leave him or procure such separation as could be obtained by the laws.

In 1615 coffee was first brought into Venice, and used there moderately. Thirty years later a gentleman brought some of the coffee-beans from Constantinople to Marseilles, with all the then known contrivances for making it. From thence it rapidly found its way into most parts of Western Europe. An attempt was then made to introduce the use of coffee after dinner, but failed of any marked success until about 1668, when the Turkish consul, by giving coffee parties in Paris, succeeded in establishing the fashion in the capital of France.

In 1671 a *café* was established, and a few years later a Florentine established a saloon, opened only to the nobility and people of wealth. From that time onward, "Yemen's fragrant berry" gained rapidly in popularity; immense sums were spent for the gratification of its devotees; none but the wealthy could indulge in the pure, unadulterated beverage. It is stated that Louis XV. expended fifteen

thousand dollars yearly to gratify his daughter's extravagant use of it. At that time four or five guineas a pound was paid for coffee, or from twenty to twenty-five dollars.

In 1714 Louis XIV. was presented with a coffee-tree by the magistrates of Amsterdam. It was committed to the care of the head gardener for propagation, and by him taken to Martinique, where he could give it the most careful cultivation. The voyage from Paris to the king's West India territories proved severe and stormy, and withal was a very long one, and thus, aside from the distress and discomfort of those on board, the well-being of the coffee-tree was greatly endangered. But when the food and water failed, and all were put on short rations, so sacredly did the gardener who had charge of the tree protect and guard it, that he divided his small pittance of water with it during the storm to keep it from dying. By such faithful care, according to the French legend, the one coffee-tree presented to the king was brought safely to the hot India soil, and from that one plant, by skillful propagation, have sprung most of the coffee plantations and supplies that are now so widely and freely scattered over Europe. The English, however, claim that fifty-seven years earlier an English merchant brought coffee from Smyrna, which his Turkish servant taught him to prepare, and that, after a time, this servant opened a coffee-house in London, in partnership with a son-in-law of his former master, Edwards. Both stories may be true.

The coffee-tree, in good soil and under skillful care, grows from twelve to fifteen feet high. The leaves are a rich, deep, glossy green, like the orange, but in shape somewhat like the laurel, though sharper and much richer in appearance. The blossoms are wonderfully beautiful—a clear white, somewhat like the jasmine—and exceedingly fragrant; a grove in full bloom perfumes the air for miles around. The blossom bursts into full bloom in a single night, and one wakes to find the rich, dark leaves almost buried in the snowy flowers. They last but a few days; very soon the red pod which holds the bean is fully developed. The pod, when ripe, is about the size of a cherry, and each holds two kernels, which fit close together and are held in place by a tough skin called the parchment, and these again are enveloped by a yellow

pulp. When gathered, they are spread in the sun a few days while the pulp ferments. This done, they are slowly dried for two or three weeks, either in the sun or by artificial heat, and then the parchment which incloses them is dry enough to be removed.

The coffee acknowledged by all to be the best, comes from Arabia, from the province of Yemen, and the district of Aden and Mocha. The Mocha berries are smaller and rounder than most of the other varieties. The trees are chiefly cultivated on the mountainous slopes, where they have dry and stony soil. Berries matured in such a soil are much more fragrant and have a richer flavor than those raised on richer soils, where the fruit grows larger, but, like most fruit or beans of large size, is less highly flavored.

Coffee, after being cured, is as sensitive as milk to any foreign substances. We lose much of the true aroma of coffee on account of its being brought from plantations in sacks rather than in kegs or boxes. A damp air is injurious, and in transportation much of the richness is lost by needless exposure to dampness. Housekeepers should, as far as possible, remedy this evil by giving their coffee dry, pure air as soon as they receive it.

THE USE OF COFFEE.

Raw as well as roasted coffee-berries are often used for medical purposes, but the principal use is for a beverage—a luxury. Coffee, we think, is best when between six months and a year old. Yet some dealers say it grows better with age, at least for three years.

Coffee acts peculiarly on the nervous system, and through the nerves on all the organs, increasing their vitality and quickening their action, causing the brain to act with more energy, lessening fatigue and sleepiness, helping digestion, and counteracting the injurious effects of inordinate eating, and the dangers of extreme heat or cold or dampness.

But though it unquestionably is of great service to many, it can

not be used by all, nor extravagantly by any, without injury after a time. With some it induces dyspepsia, instead of acting as a digestant, and disturbs the nervous system, instead of proving beneficial; obstructs the action of the liver; causes twitching of the upper eye-lid, congestion and hemorrhoids. Good judgment and common sense should govern one in the use of coffee, else, like many other good gifts of God, it may become a curse and not a blessing.

Few articles have been honored with so many rules and regulations. When first found growing wild in the forests by wandering tribes of Abyssinians, it was gathered to satisfy the hunger of starving men; and being found not only palatable, but nourishing, after the first urgent necessity for its use had passed each individual or tribe experimented with it in many ways of cooking or distilling.

In the Eastern Archipelago the leaves of the coffee-tree were for a long time used by the natives before they learned the use of the bean or kernel. They were used as tea is in our day, producing a very agreeable beverage, having the same effect as the berry. but milder. Many who have tried this kind of coffee think it far superior to any drink made from the coffee-bean. But the use of the leaves injures the tree, and, therefore, the kernel is more economical and profitable; and we imagine that most coffee-lovers who rejoice in the full strength and flavor, would find the tea from the leaves quite too weak, if not insipid, for their taste.

To the Arabs coffee is as the water of life. Their mode of preparing it, as well as roasting it, is peculiar.

In the corner of the room, at the greatest distance from the door, a square block of durable stone is placed instead of a stove or fireplace. It is hollowed out in the center, forming a kind of funnel or inverted cone, and so perforated on the bottom as to connect it with a small pipe through which the air is blown by a bellows to the lighted charcoal that is placed in the hollow stone. On, or near, the mouth of the furnace a large coffee-pot full of cold water is always to be found, ready to be boiled whenever the master desires a fresh cup of coffee. The furnace corner is called the "*haivah*," and is the place of honor, where the master sits when alone, or receives his guests or chance-callers.

On a shelf built around the outer edge of the furnace coffee-pots of various sizes and richness, according to the wealth of the owner, are placed. The larger the number thus exhibited, the nobler the position of the master. A slave is always stationed near the furnace to be ready to begin preparations for the inevitable cup of coffee; and the moment a guest enters the door the large coffee-pot filled with cold water is placed at once over the charcoal, which is kept always burning. While the water is heating he takes from a niche in the wall—a kind of cupboard—a dirty rag, closely tied. Opening it, he takes out a sufficient quantity of the unroasted coffee, pours it into a glass dish, and carefully culls out every imperfect or blasted kernel or any foreign substance. Then cleaning the perfect berries with great care, he pours them into an iron ladle, and holds it over the mouth of the furnace, shaking it all the time, taking care that not one kernel is scorched, which would ruin the coffee in an Arab's estimation. The constant movement is continued until the berries begin to redden and smoke. They are removed from the fire before they turn brown, and turned out into a platter to cool for a few moments, when they are pounded in a mortar until they are mashed, but not ground fine.

As soon as the coffee is thus broken, the operator takes a small coffee-pot, puts in the coffee, and fills it half full of boiling water from the large coffee-kettle, shaking the coffee until well combined with the water, and lets it come to the boiling point over the charcoal fire. He stirs with a stick whenever the water begins to rise, to prevent its boiling over, and lets it boil or simmer very gently for a few minutes.

From another old rag he takes a little saffron and a few beryl-seeds—a kind of Indian aromatic plant—and puts to the coffee a few minutes before it is done. No sugar or milk is allowed, but some kind of spice—and often two or three kinds—is thought necessary to the perfection of Arabian coffee.

When the coffee is made, the servant puts some of the fibrous portions of the palm-tree bark into the spout of the coffee-pot, through which filters the coffee, and places on a fine-colored glass tray as many tiny coffee-cups, not larger than an egg, as may be needed. The guests, while this is being prepared, converse with the

host, and eat dates, dipping them in melted butter as they eat them. The coffee is now passed round, the slave drinking the first cup as a voucher of his honesty in preparing it. The cups are only half filled, but are passed often. They have an old saying, "*Fill* the cup for your enemy."

In Turkey roasted coffee is ground finer, and then put into an iron pan, and constantly stirred over the fire until heated through, but not so as to make it any darker colored. Then boiling water is poured to the hot ground coffee in the proportion of one pint to two ounces of coffee, or four tablespoonfuls. This is covered closely for five minutes, then strained through a cloth, heated again and served. Thus great strength is secured without boiling. Spices are sometimes used, but are not considered as indispensable to good coffee as with the Arabs. A drop of essence of amber, bruised cloves, etc., may be used, but no sugar or milk. A Turk must have his coffee very strong and hot.

In many parts of Asia coffee is still used almost as thick as paste, and, like chocolate, drank with the whole substance, or grounds.

In our own time there is far greater variety in the modes of preparation. Among all the perplexities that beset a young housekeeper there is none which she finds so difficult to conquer as to decide the very best way of making coffee. To have her coffee the very best is, for a time at least, often the height of a young wife's ambition.

But "when doctors disagree, who shall decide?" One, whose attainments in culinary lore are above all question, claims that no woman can make the genuine article unless she boils her coffee; another, accepted by the most as equally trustworthy, affirms that only by filtering can one retain the pure aroma; a third decides that coffee should be neither boiled nor filtered, but be allowed to come almost to the boiling point, and kept there for six or eight minutes.

The way in which coffee is roasted is of the greatest importance; and, when not properly done, no rules for making the coffee will be of any avail. In coffee-roasting establishments the berries are put into an iron cylinder which is kept constantly in motion. The first effect is to evaporate considerable moisture, and thus the coffee is,

in part, roasted in its own steam, and that will not secure the best of coffee. The only reliable way is to have it browned at home, and under the housekeeper's own eye. First, put the kernels into an open pan on the side of the stove or range, where they will heat slowly; then move them over a moderate fire, stirring constantly until they become a shade or two darker than the green kernels. This will dispose of all the surplus moisture which the coffee contains, and it will escape without having the berries soaked in it. It will take but a few minutes to accomplish this; and they should then be put into a vessel which has been slowly heating on the stove, then closely covered to prevent any of the aroma escaping, put over an even heat, and kept constantly in motion. When they have been thoroughly heated through in the first operation, the second part of the work can be quickly disposed of. But constant, quick motion is indispensable to guard against any one of the kernels being at all scorched. One burnt kernel is sufficient to injure the flavor of the whole. When the whole mass is of a rich golden color, take it from the fire, and allow it to cool while still closely covered.

Coffee is much better when roasted, ground and used at once; and, though that seems to entail much additional labor, it really does not. When accustomed to this way, one is surprised that so much extra pleasure can be secured with so little extra work.

Coffee should be ground fine, but not into powder like flour. Much boiling destroys the delicate flavor, and, like tea, it should be made an infusion and not a decoction—steeped, rather than boiled. A minute or two boiling increases the strength, no doubt, but it also develops the sour taste which coffee-lovers dislike. Have the water boiling when poured on the coffee; then keep it just ready to boil up. Restrain its energetic efforts to ascend. Keep it thus in bondage a few minutes—less than five—pour out a cupful to clear the spout, and pour back again at once; set the coffee back on the stove, not over five minutes more, and none will complain of the coffee.

Some measure out as much water as will be needed; when boiling, pour out half; stir in the coffee; place over the fire, and let it boil up just once; remove from the fire a few minutes to settle, then

pour off as clear as it will run, and set where it will keep hot. Now pour the second half of boiling water on the "grounds," and set over the fire to boil up just once, like the first. Let it also stand one side to settle, then pour off and add to the first half, and serve hot. Many claim that the very best part of the flavor is secured by this process.

It is also claimed that one secures the best coffee in regions where the water is slightly alkaline, and therefore many who do not live in such regions add a little soda to the water used in making coffee.

A mixture of one-third Mocha and two-thirds Java, or Old Government Ceylon, is by, many, thought better than either alone. We prefer to roast our own coffee, or be close by where we can have personal supervision of the work. The different kinds of coffee must be roasted separately, and kept in separate canisters. Java and Ceylon require longer time than Mocha.

Having roasted and ground the coffee, next examine the coffee-pot. Many housekeepers take it for granted that the cook will not fail to attend to so small an item. Not one servant in twenty sees the importance of perfect cleanliness in this respect.

After each meal, where tea or coffee is used, all the sediments from the pots must be emptied. They must be then well rinsed—washed outside and in—in clean, hot suds; then rinsed in boiling water two or three times, to be sure that no soap-suds remain. Then wipe very dry, set out in the sun for a sun-bath—or, if cloudy, on the side of the stove or range—till thoroughly dried. This may seem a small thing to make so many words about; but let housekeepers watch a little, and learn if we have said too much. Many a wife is blamed for poor coffee who would never have a word of censure if that coffee-pot had been properly cleaned.

Coffee should not be made until a few minutes before the meal is served. Put the dry coffee into the clean coffee-pot, cover close, and put the cap on the spout, and leave it on the side of the stove till ready to pour on boiling water. Some prefer an egg, or part of one, beaten into the coffee just before pouring on the hot water. In that case, heat the coffee-pot, but not the coffee. To half a pint of ground coffee beat half an egg, using both yolk and white; add two tablespoonfuls of cold water; then pour in one quart of boiling

water, and stir as the water is poured in. Cover tightly, putting the cap over the spout. Let it come slowly to the boiling point, then take off the cover, and stir down the coffee which rises to the top. Replace the cover; watch closely; let it just bubble again, and then set back to settle where it will keep hot. In five minutes it will be as clear as molten gold, and ready to serve immediately with good rich cream. No one need ask for better coffee. Have hot milk if desired, but never boiled milk.

There is no space to speak of the great varieties of filterers by which many think coffee can be perfectly made. There is very little difference in the flavor when made in any one of these. The object is to get the purest flavor of the coffee. The best we have ever tried is one for which we find no name. The upper part has a pipe inside running to the perforated bottom; a cup, also perforated, fitting to the bottom of this upper receiver, is filled with the ground coffee, and then both are fitted closely into the bottom receiver or coffee-pot. A thumb-screw fastens the top and bottom receivers, and when turned across shuts off the water from the coffee. Around the upper part, outside, just above the cup that holds the coffee, runs a tin saucer, that will hold, perhaps, a tablespoonful and a half of alcohol. Fill the top with hot or cold water; shut off the water from the ground coffee with the screw; set fire to the alcohol outside; cover the spout with the cap. As soon as the water boils, turn the screw up, and the boiling water will slowly flow through the coffee to the urn below. One-half the quantity usually taken will make a very strong cup of coffee. It can be made in five minutes, and none of the aroma escapes.

But notwithstanding all the rules that can be given, four things should be remembered:

1. Select the best berries.
2. Roast with the greatest care.
3. Have the coffee-pot perfectly clean and dry.
4. Do not let the coffee boil, but steep as directed; and, with or without filterers or any new invention, we will insure a perfect cup of coffee.

TEA.

As near as we can ascertain, tea was known and used in China as a beverage as early as 600 A. D., and in Japan somewhere in the early part of the ninth century. It is not supposed to have been known at all to the Greeks or Romans, and to our ancestors not earlier than the seventeenth century; although the Portuguese opened a regular tea-trade with China in 1577, and the Dutch soon followed—thus introducing tea into Europe.

An English author writes, September 25th, 1660: "I did send for a cup of *tea*—a China drink, of which I had never drank before." In 1667 he writes: "Home, and there find my wife making of tea—a drink which the Potticary recommends as being good for her cold."

In 1664 we find it recorded that the English East India Company sent a present of ten pounds of tea to the queen, and it was received as a gift of great value. After that it came into use among the English nobility, but only on great occasions; for the price was too great for general use, being from $30 to $50 per pound. The middle and lower classes solaced themselves with a decoction made from various kinds of herbs, particularly sage-leaves, which were esteemed as being very healthful as well as medicinal. For many years dried sage-leaves were shipped to China and exchanged for tea-leaves.

It was not until 1823 that specimens of the leaves of a tree found growing wild in Upper Assam, were sent to the English East India Company for botanical inspection. Although the samples sent were imperfect, they were pronounced tea-leaves; and in 1835 some perfect leaves and flowers were again sent. A second examination convinced the inspectors that they were, indeed, samples of the genuine article.

A company was immediately formed to bring the Assam tea under proper cultivation. But, like most new enterprises, at the first trial mismanagement and ignorance stopped proceedings, and caused a temporary failure, and the tea-merchants refused to buy

this new tea. But repeated trials—a more perfect mode of curing the leaves—at last compelled success, and the Assam tea brought higher prices than the Chinese. Before success had thus crowned their efforts, however, many tons of tea-seed were brought to Assam from China, which, after the real merits of the native tea had been fully known, was a source of much regret. The producers and brokers found the true Assam-tree gave them a better quality, and was more readily cultivated than that of China, and was a much more abundant bearer, and crossing the China with the Assam tea-tree was not at all satisfactory. The teas of China would have been much earlier brought into general use had not the Chinese government interdicted traffic in it. That injunction, however, had been partially removed, and their teas had found an entrance into many countries long before the wild trees of Assam had been recognized.

In its wild state, though sometimes found growing bushy, it generally ranks among the trees of the forests, growing fifteen and twenty feet high. As soon as its pleasant and useful qualities were discovered, and it was brought under careful cultivation, it was not allowed to grow so tall, but was cut back when quite young; seldom permitted to grow over six feet, more often as low as three or four. By thus dwarfing the trees the leaves are far more delicate, and are much more easily gathered. The leaf is shaped like the myrtle. The blossom is white, somewhat like the wild rose, but smaller and very fragrant. The pod holds two or three white seeds. They are often ground to extract the oil, which is greatly prized.

Many claim that all the varieties of tea are found on the same tree, and the only difference in them arises from climate, the peculiar situation and exposure of the land, the age when the leaves are picked, and the different mode of curing each grade of leaves. Others think there are quite a number of varieties, as among other herbs, grains and fruit.

John Francis Davis, in his work on "China and its Inhabitants," says: "Specimens brought from the black and green tea countries differ slightly in the leaf—the green tea being a thinner leaf, rather lighter in color and longer in shape than the black tea." But "the

Chinese themselves acknowledge that either black or green tea can be prepared from any tea-plant. The green being less heated than the black in curing, retains more of the original color and peculiar qualities of the leaf, but is more liable to suffer from time and dampness. Examine both kinds after having been expanded in hot water, and it will be observed that the black has more of the stem of the leaf, and often some of the stalk on which it grew, while the green has been pinched off above the leaf-stem. The black, therefore, contains more of the woody fiber, while the green has only the fleshy part of the leaf itself—a good reason why it should be dearer." Again he says:

"Keang-nân, between the 30th and 31st parallels of north latitude, is the green-tea country, and Fokien, between 27° and 28° latitude, on the south-east, on a range of hills dividing that province from Keang-si, is the black-tea country."

"The Bohea is the coarsest, and, therefore, the poorest tea, and is found in Woping, one of the districts of Canton."

There are other authorities who claim that there are varieties both in the black and in the green tea-trees themselves, which difference is not the result of different processes in curing, and more varieties in the black than in the green tea-trees; but we are inclined to the opinion that the soil, the age of the leaf, and the manipulation of the leaf when gathered, will account for the peculiar characteristics of each quality.

TEA-CULTURE.

In China the tea-plant blooms in November, and the seed ripens the next autumn. The seeds, when gathered, are kept in sand until the next spring, when they are sown in seed-beds or in the rows where the plants are to grow, in which case they are planted about five feet apart each way. When about eighteen inches in height, the leading sprouts are pinched off, to make the plant grow bushy. They are seldom allowed to grow *over* five feet high, and

three feet is thought to be the most profitable—producing the most delicately flavored leaves. When three years old the shrubs begin to yield, though but a small quantity. From that age they will bear more and more plentifully, and continue in good condition and flavor till the eighth or sometimes the tenth year, when they decline in quantity and flavor, and are rooted out to make room for new plants, or are cut down, leaving the stumps, around which spring up the young shoots which are at once brought under care and cultivation. The shrub thrives well and yields abundantly, when planted on the mountain or hill-sides; for the vegetable matter, washed down from those elevations, gives the plants the fertilization most needed, and especially when it is combined with the disintegrated limestone or granite which is commonly found in those elevations. The northern parts of China are too cold, and the extreme southern parts are too warm, for successful tea-culture. Much, therefore, depends on the location, character of the soil, and climate.

The younger the leaf or bud, the more delicate the flavor; and, of course, from these very small leaves there can not be a large quantity gathered at one picking. The picker has a bag or basket slung over his shoulders, into which he throws the different grades, picking leaf by leaf with great care, so as to mix the qualities or ages as little as possible. To leave his hands free, the bag falls over his back. By hard work an expert picker can pick fifty pounds of leaves a day; but twenty pounds is considered a good day's work. Four pounds of the freshly-gathered leaves will make one pound of tea when they are cured. In picking, the shoot or small branch is held forward by one hand, and the blade, or parts of the leaf each side of the stem, broken off with the other hand and thrown into the proper place in the basket or bag. No part of the stem is gathered with the leaf for the best teas; not even the slender stem running through the middle of the leaf; the immaturity and tenderness of the leaf being the guarantee of the first quality.

In the green-tea district the shrub is never allowed to grow very old, but is renewed earlier than the black tea. The finest black tea, like the best green, is made from the young buds before they open into leaflets. These delicate teas are very expensive, and

will not bear transportation. The black teas of this quality are called Pekoe, or Pak-ho ("white down," or "white leaf-bud"), because the early leaf-bud is covered with a white, silky down. It is also called Flowery Pekoe. The next best, or second grade, of a few days' longer growth, when the silky hairs begin to fall off, is the Orange, or "black-leafed," Pekoe; the third and still more mature leaf is the Souchong, "small and scarce sort;" but the leaf for this, though fully expanded, is taken from the youngest shoots of the tree, which are generally fresher and finer than on the older branches or shoots. The fourth picking, as the leaves grow larger and coarser, makes the Congou, or Koong-foo ("labor," or "made with care"); and the fifth and last is the Bohea.

The green teas are also divided into five sorts or classes, namely:

1. Hyson Pekoe, or Loong-toing ("before the rains"), which is made from the very earliest buds, and, like the Flowery Pekoe, is too delicate for transportation.

2. Gunpowder, or "pearl tea." This is the best quality imported, and is so named from the smallness and roundness of the grain. It is even more carefully picked than the third quality—Hyson—but, like that, every separate leaf is twisted and rolled by hand; and it is on account of the extreme care and great labor necessary to the proper curing of this variety that both Gunpowder tea and Hyson are so difficult to obtain pure, and are so expensive.

3. Hyson—not quite as carefully selected and handled as Gunpowder. There is really no appreciable difference, the Gunpowder being selected from the Hyson, choosing the roundest and best-rolled leaves, and hence its granular appearance, which gives it a distinctive name from the Hyson.

4. Hyson-skin is the inferior leaves of the Hyson, separated while curing them. In preparing the Hyson, all the coarser leaves—those of a yellowish color or not so closely twisted or rolled—are set apart as refuse or Hyson-skin, or, as the Chinese call it, "skin-tea," and sold for much less.

5. Twankey is the poorest of all the green teas, holding the same relation to them that Bohea does to the black teas. It is little used, except by those unable to procure a finer quality, and of late

years little of this quality is imported. It is grown in a different district from that which produces the Hysons.

The tea-merchant, buying green tea from the farmer, passes it through successive sieves till the leaves, being thus separated into the varieties mentioned, are ready to be fired. They are put into an iron pan and subjected to a great degree of heat, which gives them a light twist and brings them up to their color. The tea which passed the first sieve is now put into a winnowing machine, and the fan blows the smallest leaves to the furthest end; but the larger, broken leaves remain at a shorter distance. The best teas, as the Gunpowder or Hyson, are heavier or lighter as they have more or less sap or juice, and they keep nearer or are blown farther off according to their respective gravity, and are thus separated by this winnowing machine.

When this process is finished, the young leaf which takes the longest twist through the heat will be the young Hyson; but that which takes the round twist will be Gunpowder. The same process is carried out to separate the Hyson from the Twankey.

Another mode of preparing the leaves after they are bought from the farmer, is to begin the drying process in the sunshine. The leaves are then taken to the firing-house, where are large flat-iron pans over charcoal stoves. After these are heated to a certain degree, about three-quarters of a pound of leaves are placed on each pan and stirred briskly with a peculiar kind of brush. As fast as the leaves are sufficiently curled, they are swept into baskets and rubbed between the hands to make them curl still closer. They are then again placed in the pans over the stove. This process is continued until they are ready to be packed in chests and sold. There is no truth, we think, in the statement that green tea gets its color from being dried on copper plates, though, it is probable that in heating green tea, the drying and curling are accomplished as rapidly as possible, before the color can change very much, while the process is greatly prolonged in curling black tea, and repeated with long periods of exposure to the air, sometimes even for a whole night, so that a kind of fermentation takes place before the "firing" is completed.

After the teas are dried, the choicest kinds are spread out on a

table, and assorted before packing. The chests in which the tea is to be packed, well lined with tin foil, are now brought to be filled. One bare-footed laborer steps into the chest—refreshing and appetizing thought!—while another pours in the tea-leaves, which the first treads down firmly, and when the chest is full the lid is soldered down.

Many attempts have been made to cultivate tea in this and other countries, but the expense of labor and the extreme care needed to collect and separate the various kinds are great difficulties in the way. If Yankee ingenuity can contrive machinery, or some safe mode for gathering and curing tea with less expense, there is no reason why we should not be able not only to supply our own country with tea, but, as with beef, cheese, etc., reverse the usual mode and supply other countries. It is generally understood that much of the labor and careful manipulation of tea are necessary solely to prepare it for the ocean voyage. It is impossible to import the very best teas and secure that richness and delicacy of flavor so much esteemed in China. The time may, and probably will, come when our Southern States shall furnish us the best teas, uninjured by the severe treatment of firing and drying, but pressed into solid cakes of dried leaves, as is done now with other herbs. In this case the tea will only need the roasting to develop the flavor, as in coffee, and, being used as soon as "fired" or roasted, we shall secure the choicest tea. And if, after roasting our tea, we also grind the leaves or rub them to powder before pouring on the boiling water, we shall have achieved the highest success in tea-making.

The Tartar tribes from the borders of Russia to the Eastern Ocean, to make their tea more portable and to preserve it, moisten the leaves with some slightly glutinous fluid, and then press them into molds in the form of bricks. When needed, they scrape off a portion of the brick, and boil it with butter, flour, milk and salt. Some travelers who have tasted it, say it is far from unpleasant. The Tartars also use it in the usual way for a drink.

HOME SAINTS OR PARLOR ORNAMENTS.

"The young lady who rises early, and in a neat, simple morning dress goes to the kitchen to assist in getting breakfast—or gets it herself, if need be—and afterward cheerfully and smilingly puts the house in order, without leaving her mother to do every thing, is worth a dozen parlor beauties who sit languidly on sofa or easy-chairs, fanning, fanning; or for a few moments drum on the piano, then take up a book—find no interest in it—and, for want of really healthy exercise, half die from sheer indolence."

The former will make a good wife and mother. Her home will be a paradise where husband and children will find rest and amusement, far more satisfactory than can be found in parties or genteel dissipations; while they hourly call her blessed, who has made home the sweetest spot on earth. But the latter—how sad the thought!—can be but a pretty, useless piece of furniture. In that which she thinks genteel to do—and she will by no means stoop to do any thing that is not—can she find real peace and true enjoyment. Restless, dissatisfied and fretful all the morning, the hour for receiving calls arrives, she finds a kind of pleasure in dressing for the occasion, or anticipating the frivolous entertainment she looks forward to. Yet how often these anticipations prove a failure! How often among these callers, over whom she wastes many hours, there will be one marplot, so uncongenial to herself and those of other friends who may call, that the morning's expected pleasure, meager as it may be, is a source of keen annoyance; perhaps in part atoned for after the offensive guest departs, in the low and rude satisfaction of turning the unfortunate one into ridicule!

If this hot-house plant decides to leave the house and make a round of senseless calls herself, how much pleasure will she be likely to secure? How often a few words of silly gossip rouse an envious or jealous spirit in her breast, that will be a source of keen torture to her for days!

Now, here are two paths, either of which our young girls may choose, and on that choice the happiness or misery of their whole

lives may depend. Here comes in the most solemn part of the mother's duties; for, in the influence her example or teaching may have in determining that choice, the mother must be held responsible. It will rest almost wholly with her whether these young girls, just looking toward womanhood, shall learn to seek their sweetest pleasures at home, in useful employment and the refined companionship sensible parents will seek to bring about them, or learn to seek amusement in fashionable society and dissipation, anywhere —anyhow—but at home!

With the first class of parents we look to see our young girls develop into genuine home saints; with the second class, how can we expect any thing but girls who spend their young maidenhood in seeking those pleasures that perish in the using, and fill their hearts with discontent and bitterness, and, after marriage, scorn the idea of being housekeepers; preferring to seek the only homes they will ever know in fashionable boarding-houses, or in the giddy whirl of hotel life?

"DON'T TELL MOTHER."

Not long since we passed two little girls, perhaps eight or nine years old. Their arms were thrown around each other in a simple, loving, unaffected manner that quite enchanted us. But the first words we heard them utter dispelled the charm and left a very painful impression.

"I'll tell you something that I am going to do, May, if you will promise not to tell mother a word about it."

If at that early age boys or girls begin to have secrets from their parents, especially from the mother, it does not require a prophet's skill to form a tolerably correct judgment of what the character will be, and the results springing from such tendencies, when they arrive at mature age. A disposition to deceive is bad enough, but when a little child arranges to conceal her actions from her mother, the outlook is sad indeed.

Whatever may be taught or believed about natural depravity, it would be very difficult to imagine that a little child naturally inclines to conceal its actions from the mother, who, for the few earliest years, at least, must, almost of necessity, be with it more than any other one. In such cases it is impossible not to feel that the parents must be held, in part, accountable. Over-strictness in governing children often proves a temptation to deceive and conceal. When a child first understands that it is under surveillance, and all its acts criticised or censured, it becomes uncomfortable, and soon feels frightened, and seeks to escape from the thralldom by prevarication or deceit. To deny, conceal, invent or give an excuse that to a youthful mind appears plausible, if not unanswerable, opens, in their childish judgment, the readiest way of escape from blame or punishment. Let any one enter on that way; concealment, deceit and excuses become easy. It will not be long before this course will be taken, not merely to avoid punishment or reproof, but to secure some pleasure known to have been forbidden.

Young parents often enter upon their new duties with very high ideas. They have theories which, if strictly followed out, will place their *nonpareil* far above all other babies, and bring it into maturity a bright and shining light, only a little lower than the angels. And in its rare development it is expected that the parents' theory will be glorified. It is vain for parents, who have had several *experiences*, and many new theories, to try to convince the young matrons that there never was a mode of training children that would be suitable for all dispositions, or that fully realized the bright expectations of those who first tried to bring them into daily practice.

Some begin with the idea that implicit, unquestioning, instantaneous obedience must be insisted on, and any hesitation or deviation must be met at once by severe punishment. Children brought up under such a system are the ones most likely to deceive and conceal. Those parents who are thoroughly good, and act in the most conscientious manner, in their hearts believing that their theory, "though for the present not joyous but grievous," will in the end work out the peaceable fruits of righteousness, are the ones who in riper years, taught by that rough schoolmaster, experience, greatly

modify, if not entirely change, their mode of bringing up their younger children. Indeed, finding that strict discipline and rigorous oversight have not entirely perfected their first children, they are in great danger of swinging clear over to the opposite side, and do their last children as much, or more, harm by being too lenient and indulgent, as their first received by needless severity.

Poor children! if parents could only know exactly what spirits they had to deal with—if they had wisdom to guide and govern through love and gentleness, how much less temptation to deceit and concealment—how much more happiness both for parents and children!

Wholesale license and indulgence do not make the happiest child-life, but, with all its evils, we doubt if it is morally as injurious as over-governing and severity. But whatever mode of training children may be adopted, that is best which is so modified as to teach all, particularly the girls, that the mother is the sagest and wisest confidante. Children will make mistakes—but no great harm will follow, if they have no secrets from their mother; and they will not be tempted to hide a blunder if they know she will not rebuke sharply, but with loving-kindness. A girl will not do any thing very wrong who has no secrets from her mother. Every girl stands on slippery, unsafe ground the moment she thinks or says, "Don't tell mother." The fewer secrets girls or boys have, the safer they are. If there should be a few which may seem important and unavoidable, let the child test the real necessity of encumbering herself with them by taking the mother in partnership. No companionship should be tolerated, no letter written, that she may not know of.

Secrets, mysteries—are bad things for any one, boy or girl, man or woman—but much worse for a girl or woman. We wish we could show the young how much of unrest, trouble and wrong has come through those small mysteries and secrets that many young girls take delight in; but we close with this one item of advice for children of both sexes:

Hide nothing from your mother. Do nothing that you would be ashamed or unwilling to have your father know. If you have done wrong, don't wait for them to learn it from others. Go to

them and own it, trusting that their love will enable you to right it. If you have made a mistake, look into their eyes with loving boldness, and tell them yourself. Prevent others from telling your parents tales of you, by taking the whole matter to your best friends and advisers, your own self.

JUDICIOUS ECONOMY.

A New England matron once wisely remarked: "Economy is a gift from God. Don't censure too severely those who, not so richly endowed, seem lacking in this trait." In one sense this is correct. All of good in ourselves, our friends or our surroundings, comes from our Father's hand, with his blessing. Yet there are no God-given talents, or traits of character that can not be, in more or less degree, enhanced by careful cultivation, and thus incorporated in our being, so as to become a noticeable feature in any character that values it sufficiently to think and labor for its perfecting. Many find it easy to economize in large expenses, but very laborious and disagreeable if obliged to do so in the smaller items of household expenditure. And yet it is in the small things that waste becomes most destructive. A very erroneous idea prevails with many, that any thought spent over small outlays—sober deliberation over economy in little things—is evidence of low and mean traits of character, and betokens miserly habits. We have heard it said that to feel one must stop and calculate—examine articles with reference to the cost, rather than to be governed by our taste—to deliberate upon the sum total before daring to buy—would make life unendurable. To stop and examine an old garment, and learn if, by any ingenuity, it could be turned, retrimmed, or remodeled so as to answer another season, instead of buying something new, would be a torture which would banish half the comfort of living. "To pick up pins and needles, carefully sew buttons and strings, and keep before the mind all the time the necessity of economy, would make me feel so little, so

mean, I should despise myself. I'd sooner spend freely as long as the little I have lasts, and then go to the poor-house, or die, than be a slave to economy."

This is no imaginary talk, but something similar, or worse, is often uttered; and girls who spring up from childhood to maturity, inclined to such false notions, are not the kind to make the wives in whom the hearts of their husbands can safely trust; and their children will not rise up and call them blessed. Waste and extravagance go hand in hand; and those who thus seek their own gratification and indulgence, bring no comfort to those with whom they are most closely connected, because they minister to their own selfish desires regardless of the good of others.

Parents often err, doubtless, by being overstrict in matters of economy, and, while trying to enforce its practice, teach their children only disgust at the idea. For this reason, perhaps, together with some others which are hard to explain, the young seem to shun the very idea of economy, of late, and would feel that they were outside of the pale of good—or, rather, genteel—society if they allowed themselves to speak of it; and to attempt to practice it would shut them away from certain acquaintances as altogether an inferior class of beings.

Many who are absolutely compelled to try and economize closely, look upon it as an evil to be greatly deplored, and to be attempted secretly. For the world they would not have it known how they "strive to keep up appearances" by outwardly bringing their surroundings into some little harmony with their more wealthy neighbors'. The ingenuity they must practice to do this, and to conceal the many deprivations they submit to, rather than forego this outside show, would be worthy of all praise if practiced openly, without regard to foolish criticisms.

Those who have the gift to practice a judicious economy, and carefully watch to prevent any waste because it is right, not from any mean, miserly desire to hoard, and carry the practice into all the departments over which they rule, are blessed with a talent for which they may be grateful. This talent, judiciously used, is recognized by all sensible people as most desirable, even by those

who are placed in circumstances where there is no necessity for rigid watchfulness and care.

But it is not merely as a matter of necessity that we wish to urge all good housekeepers to look to this, and see that thrift and care in the management of their affairs is not simply a duty which their own interest demands should be conscientiously practiced, but, if rightly viewed, it is, or may be, a source of great pleasure. The frugal use of the means put into their hands may give more true pleasure to those who have an abundance, than they can find in the usual round of fashionable amusements and dissipation, which is too often supposed to be the distinctive mark of good society.

If one can command the money to make purchases of household stores by the large quantities, and recognizes the greater convenience of so doing, there is no degradation in doing it, because, also, in most cases, it is the better economy. But having bought by the wholesale, and generously filled their storehouses, they must not imagine their work is finished. They are but stewards of God's bounties, and a steward may not relax the care laid upon him. Many details can be put into the hands of subordinates, but never so entirely as to free the head of the household of the responsibility, and relieve her from careful supervision of all expenditures. If the mistress of a house is willing to submit to the rule and tyranny of a housekeeper, that is a matter of personal taste with which we are in nowise inclined to meddle; but no such subordinate can lift the responsibility from the shoulders of the true head of the house.

One of the great evils of extravagance and lack of economy in the mistress of the household is the injury done to her subordinates. Our servants are quick imitators, and if the mistress is easy and careless in her expenditures, she may be sure her maidens will follow her example, and make sad waste of the materials put into their hands. The improvident class, from which our help mostly come, soon learn the lessons taught by such example, and become careless of the property of the employer, even when they have no thought of appropriating any thing to their own use. But such lessons, it should be remembered, make our employés, of both sexes, totally unfit to manage a home of their own, or save

enough, when family cares come upon them, to keep them from the poor-house.

How many of us have seen what wretched, incompetent creatures those girls become after marriage, who have lived in wealthy families, with a great abundance to work with, and no cautions from their employer to use it discreetly and with a true economy! Such lessons might have saved them, and prepared them so to care for their own small earnings and those of their hard-working husbands, as to enable them to build up little comfortable homes for themselves and rear and educate their children with such care that they might become among our most influential citizens. But unless those wealthy ladies with whom they took their first lessons felt the true responsibility of their positions, and the guidance they owe to their servants, when the untutored damsels marry, they drift as helplessly as a rudderless ship in a storm, and year by year sink down into deeper poverty and wretchedness, ending, perhaps, in a pauper's grave; when, had they learned the lessons of true economy in their employers' bountifully supplied houses, they might have owned neat and comfortable homes, where their children might have grown up happy, respectable and useful.

PRESENCE OF MIND.

Few attain to mature years without recognizing the value of that presence of mind which can be depended on for immediate service in the hour of need. Yet, while all acknowledge its importance, how few are taught from childhood to cultivate and practice it! A large proportion of the accidents which astonish us by their frequency, and appal us by their frightful results, might have been averted if the sufferers, or the lookers-on, had learned in youth to exercise this habit. Some, to be sure, are so constitutionally sensitive, or through infirm health so nervous, that it may be difficult, but seldom *impossible*, to bring this important acquisition into

their daily lives, so perfectly, as to serve them in times of necessity or danger.

It is comparatively easy to guide the young who are well, into such self-government as will give them the presence of mind needed by every human being. It is a hard task to build up the weak-minded and nervous; but in all cases parents—especially mothers—are under sacred obligation to labor patiently, and continually, so to lead their children that sudden disasters or coming danger will not shake them, or prevent the prompt, energetic action that comes through the established habit of calm self-government. Parents must first learn this lesson thoroughly themselves, so that their teachings will be indorsed by their daily example. And the instructions should be pre-eminently gentle and loving, appealing first to the children's confidence in their mother's truthfulness and superior judgment, and then to the child's good common sense, a quality of which even very young children have far more than some mothers suppose.

If a child fails in self-control when alarmed, or in case of accident, never reprove it, or speak sharply. That will only increase the nervousness. But whatever may be the mother's own alarm, she must endeavor to speak quietly, calmly and very gently. In an emergency, if the mother becomes excited and screams, probably the children will instantly follow her example, rush about wildly and aimlessly, and, all through want of presence of mind in the mother, become so demoralized that any sensible action for precaution or relief will be well-nigh impossible.

Suppose a horse takes fright with a lady, and, perhaps, young children in the carriage. The animal has become unmanageable, past the lady's control. If the mother also loses all self-control, the children will far outscream her, and the horse, maddened by the noise, increases his speed and bears his shrieking burden to dire disaster, if not to almost certain destruction. Through want of physical strength the lady may find it impossible to control the horse. But what excuse can be offered when strong, able-bodied men, who see such a precious load in danger, do not come promptly to the rescue, but run at a safe distance behind the fast-receding carriage, goading the horse to fiercer efforts by their shouts of "Stop

that horse! stop that horse!" instead of quickly but silently putting themselves beside the horse (never rashly and uselessly running in front), where they might possibly grasp the rein, or bridle, soothe the horse with gentle words, and avert a fearful accident by exercising that presence of mind which goes hand in hand with true courage?

Any one ahead of the runaway can easily, by walking slowly toward the carriage, without shouting or brandishing a cane, be almost instantly so near the horse as to catch the bridle, or reins, before he can dash by, while others behind may safely come up, to aid in restraining him.

But this invaluable quality of mind is absolutely necessary in cases of fire, if one hopes to escape and help others. There are some rules that should be taught every child, from earliest childhood, as thoroughly as the Ten Commandments. We know it is very easy to give wise directions, and how easy it appears to act upon them when one sits safely at home, and how different it must seem if one sees the flames creeping stealthily through the house, or, still more fearful, if some person is enveloped in the flames; but the more frightful and urgent the danger, the stronger the reasons for self-control and presence of mind.

The loose garments worn by women and children expose them to especial danger from fire. If the fire starts at the bottom of the dress, the natural upward tendency of the flame soon envelops the whole person, unless, by self-control and presence of mind, the necessary care be taken by the sufferer, or some one near, without a moment's hesitation. To obey the first impulse, and open the doors and rush out, is sure destruction. The only safety is to fall down instantly on the floor and roll over on the fire, snatching a woolen shawl or rug, if near, to wrap around the body. One is comparatively safe by rolling over and over, for the flames will not rise to the face, and the lungs and breathing will be less likely to be injured.

Those who may be in the room, or may come in, have their work plainly before them. Keep doors and windows closed; snatch the first woolen thing to be found—a table-cover—without thinking of the works of art on it. Pull it off! Who cares where the *bric-a-brac*

rolls to? It is a human life in danger. Or, snatch a woolen shawl from a chair, a curtain or a rug; *any thing* but that one human form, is *valueless*. Wrap the sufferer instantly in something woolen—the coat from your back, if nothing else offers—and, thus closely wrapped, roll her on the floor in the folds. Scores of lives have been saved in this way, scores lost for want of such immediate action.

In case the house is on fire, there should be one "captain," if possible, who can lead the less self-possessed out of the burning building. Every door, window or aperture through which air can find entrance should be closely shut, except during egress.

There are always eight or ten inches of pure air close to the floor; and if one can not walk erect through the smoke, he should, as soon as enveloped in some woolen article, drop on the floor on the hands and knees, and crawl out. A silk handkerchief, or piece of flannel or woolen stocking, wet and put over the face, will enable one to breathe in dense smoke. If hedged in by flame, so that escape up or down stairs is cut off, collect all the inmates of the house in a a front room, if possible, where there is bedding, keeping every door and window closed—for smoke will follow a draught, and fire at once follows smoke—tie as many sheets together as will reach the ground, fasten the end of the first sheet to some heavy article in the room near the window that is nearest the street, and fasten the last sheet securely to the waist of the youngest in the room. Thus one after another may be saved, the last letting himself or herself—for a woman may manage this—down the same way. The sheet should be taken on the bias from one end to the other, to give greater elasticity and greater length, and for ease of fastening.

One can hardly be placed in any position of danger so terrible, as when so far at the mercy of the flames, that one's own courage and self-possession appear to be the only mortal help, and nowhere else can one so fully realize the importance of the presence of mind which we have been thus drawn to advocate.

BE IN NO HASTE TO CHANGE.

In seeking for their children the highest good, parents endeavor to furnish such rules as will best guide them in the various duties of life. Such instructions and rules often become so fixed in memory, that the child, when separated from these faithful guardians, and compelled to resume all the responsibilities that come with maturity, will be still, almost without thinking, governed by those precepts and lessons—forgetting for a time to reason or judge for himself. In the labors and economies of practical life, a careful examination, which searches out the reasons for the rules our parents furnished, may be wise; for new implements and developments often necessitate a change. But the teachings of truly Christian parents usually wear well, and will stand the most rigorous investigation, because their foundations are sure, and one may safely cherish and act upon them through life. True wisdom will call for the most careful, serious deliberation, before one may venture to discard or modify the religious instructions taught at a Christian mother's knee, or interpret the Scriptures through other theories than this Heaven-appointed teacher has learned from her well-worn Bible.

In this age of progress, to be sure, with clearer light, more fully developed knowledge and power than the parents could have, the children are blessed with larger opportunities for study and mental culture, and thus often find much that their parents are ready to accept as an improvement on some of the lessons they once endeavored to inculcate.

But usually the religious and moral teachings of a Christian mother rest on foundations not easily shaken. Better cling closely to that which the child has seen and felt, shining brightly through all the daily life of the loving teacher. Certainly this is the safest way, until those hidden mysteries, whose interpretation so many are diligently searching after, have been rigidly investigated, and whatever light has been developed by such researches has been proved, beyond a doubt, to be no *ignis fatuus*, that will shine to bewilder

and dazzle, but that safe, unmistakable signal that "shineth brighter until the perfect day."

The religious and moral instruction given in childhood are usually of such vital importance that the young must be cautious lest they be tempted to turn aside from the true way, or be led into by and forbidden paths, by plausible sophistries. Their weal or woe for this world and the next depends upon their finding the right path, and walking steadfastly in it. Therefore, the faith and doctrine taught in early youth should not be shaken or changed until after much prayer and self-examination.

But in other phases of life, important but not so vital, the mother's lessons in the duties of home-life and domestic economy will, of necessity, be greatly modified, or entirely changed in some respects, as the children mature and take their places among men and women in active life. As customs change, the laws that governed well the mother's labors and household management, will be enlarged or entirely discarded. When fashion commands, her votaries change their ways, often to their own discomfort and the disgust of their families. There is room for question as to the real benefit, or increased comfort, of many of the innovations that have been creeping in the last quarter of a century. We are tempted to try and show the absurdity of some of these changes, but those who have bent the knee to style are scattered too thickly through city life for us to throw stones without impunity. We might hit, and that is not safe.

That fashion and style, gentility and the customs approved of by the highest type of society, have greatly increased the manual labor of housekeeping, can not be doubted. It would be some alleviation could we believe that these innovations have increased domestic happiness in the same ratio. But every servant added to a family, detracts largely from real home enjoyment and the enjoyable privacy of domestic life. Yet it is an evil that can not be avoided if one shows any deference to the established etiquette of society; for without more help than our mothers found necessary, the mistress of modern homes must be overburdened with labor.

It is a sad truth that the increased tax on time and strength, the greatly augmented labor called for by the extra work demanded, if

one conforms to the customs that style has sanctioned, is rapidly breaking up homes and building up boarding-houses, thus filling our cities with feeble, nervous, hysterical women. Too severe labor has doubtless broken down many excellent constitutions, but not half so many as boarding, instead of keeping house, has done. The release from homely household cares does not tend to build up a woman's strength or character. The time thus gained is not very largely spent in doing good to others, or in study and efforts to acquire knowledge, but an incessant round of gayety and self-indulgence. Parties, balls, theaters, concerts, the superficial culture gained by going from one picture-gallery or school of art to another, fill up the hours that once were better employed. Who will dare surmise how much of this time is given to gossip, rather than in securing, by such a roaming life, any substantial mental or artistic culture?

But this is not the worst. The hours of the day do not suffice to accomplish all this; but the feeble women who can not endure the burden of housekeeping are out on this wearisome dissipation till close on to the small hours, when they return home—no, not home, but to their boarding-houses—jaded, nervous, out of spirits, often out of temper, and hysterical. To gain strength for the next day's duties, they can not rise till late in the forenoon. A strong cup of coffee must be brought to the bedside, to brace up the flagging nerves for the great burden of dressing, and a repetition of the same follies.

Does any honest, truth-loving woman believe that our hardest-worked housekeepers encounter half so much exhaustive fatigue, use up half so much vital force, or half so fatally break down the nervous system, as those who, to escape care and labor, have exchanged homes, of which they were the queens, for a boarding-house? To think that any will deprive themselves of a woman's brightest honors, and give up their time for such a life as above feebly hinted at, seems impossible. This is departing widely from those good, true lessons which good, true mothers and home-makers have so wisely taught. Therefore, we say, "Be in no haste to change."

WHICH CAN MAKE THE HAPPIEST HOME?

When a young gentlemen calls for a social evening's chat, and is welcomed and politely entertained by a lovely and interesting young lady, why should he not find great enjoyment in such society? Tastefully but simply dressed, graceful and easy in her manners, even if her conversation does not evince the highest type of intellectual culture, so that it is not loud, boisterous and hoydenish, but modest and winning—a lady with such attractions can not fail to make an evening pass delightfully, and afford a large amount of pleasure to all who come into her presence. If, added to all this, the damsel shows indications of something more substantial than the common routine of fashionable society gossip, it will not be surprising if the young gentleman, after enjoying a few such pleasant evenings, should gradually find the charm of her society awakening deeper feelings than friendship alone can bring, and is rapidly drawn to make earnest efforts to secure her for his life's companion, believing Heaven can send him no richer boon, should he be enabled successfully to woo and win her.

But how much heartache and trouble have such marriages occasioned! How difficult for young people to use judgment in a matter involving so much of the comfort and happiness of a lifetime! How seldom do they attempt to examine soberly, and fully understand all that is needed to insure true, abiding love and continued happiness!

The lady, without a thought of deceiving, in perfect innocence, entertains her visitor so charmingly, and shines upon the moth that hovers closer and closer around this bewildering radiance, that his reason is held in abeyance, and sentiment and the enchantments of the hour become the dominant power, until the youthful votary is made a willing captive before the judgment that should have been his guard has been consulted, or had any chance to warn him. Has he for one instance stopped to reflect, and ask if there is not something more than beauty, grace, amiability and the gift of sprightly, entertaining conversation needed to carry two persons,

closely knit together by the marriage tie, safely through all the vicissitudes and unavoidable sorrows of life?

If, however, instead of these allurements as the most prominent characteristics, a young lady, equal in social position, and perhaps far superior in culture and true refinement, rising early, is found perhaps in the kitchen, with sleeves neatly folded back, deftly preparing the breakfast, assisting to do so, or directing and superintending its preparation by another—if thus seen by a young gentlemen, in one sense she might be attractive to him through the fact of her self-evident natural gifts, and would be respectfully recognized, but with no shade of warmer feeling. If from the breakfast preparations, day after day, he sees her, with sunny smiles and unaffected cheerfulness, sharing her mother's labors in keeping the house neat and in order, or relieving her altogether of care, would it be possible for a man not to distinguish the true gold from the tinsel? He might not "fall in love" hastily; but could he resist being drawn, step by step, to feel that such a spirit presiding over a home, could not fail to make it more like a paradise than the parlor beauty who, with many good natural gifs, lacked the one thing indispensable to insure peace and happiness, the ability to add to social gifts and graces, the knowledge of so ordering home and household affairs, or doing them herself, if need be, as to promote the comfort and prosperity of all that should come in time under her supervision or control?

ANCIENT BILLS OF FARE.

We have been somewhat amused at a request from a "Young Friend"—which we give in full—but, remembering how much fancy and imagination affect the judgment and reason, even when forming opinions on every day's occurrences or history, we are less inclined to think the question singular or pass it by unanswered:

"I have read so much of the wonderful feasts and banquets of ancient times, the almost fabulous entertainments of the emperors

and nobles of Greece and Rome, that I am very curious to learn something more definite about them. To be sure, most that I have read on this subject has been clothed with the gorgeous descriptions of romance, but there must have been some foundation of truth in them. And in these days of 'progress' and 'modern improvements,' when people of great wealth give their elegant dinners and festivals, I can't but marvel that all knowledge of the wonderful preparations and cooking by which the ancient magnificence was consummated should have so completely died out.

"Do tell me, dear Mrs. Beecher, if you can, how the dishes, which must have cost a small fortune, were prepared? How could they, when the descriptions sound so elaborate, keep up their entertainments for days?

"I am young, expecting soon to commence housekeeping, am fond of trying new things, and shall be able to afford a little extravagance. I should so enjoy surprising my husband by a dainty entertainment, now and then, entirely different from the common run of things."

You would indeed surprise your husband and guests with something entirely different, quite out of the common run of things, if we could give you such receipts, and you should be able to bring the preparation to a successful termination. The daintiness of the entertainment, however, would, we fear, be somewhat questionable. It would be difficult to give the process of preparing or cooking all that in those remote times constituted a feast. Few, if any, of their receipts have been recorded. We know none that one could follow successfully. Their banquets were lavish, overwhemingly so, in the amount provided, but gross and almost beastly in the composition; and although served in barbaric splendor, on glittering gold set round with precious stones, there was no delicacy or refinement either in the modes of preparing and arranging the food or in those wild and lawless beings who partook of the feast.

The women of ancient times, no doubt, prepared the bread and dainties; but the men—often nobles—slaughtered the animals, turned the spits in roasting, or prepared such savory messes as Jacob was supposed to have set before his father. For many, many years the modes and implements used to prepare their banquets

were of the rudest kind. Meats cooked before the fire in some unskillfully formed dish, or seethed in the pot, bread baked in the ashes, were so rudely thrown together that no rules or receipts were needed. The real primitive way of giving a feast depended on the immense quantity, not the variety or delicacy, of viands set before the guests.

After many years the Egyptians began to reach out and search after some new way to diversify and enlarge their bill of fare. And their first effort was in attempting to invent more ways of preparing their meal and flour—some mode of lightening the dough. The Romans next followed, and endeavored to improve upon it. They mixed millet with sweet wine, leaving it months or a year to ferment. Improving on that form of yeast, as they thought, the filthy scum from their beers was used, with all the impurities, to lighten their bread.

Ere long both Greeks and Romans took other forward steps, and attempted many and unheard-of ways of cooking meats, in order to secure some new gratification for the palate. In their mad longings for some new pleasure—something to lure them on to greater feats of gormandizing—they trampled on every law of nature, moderation, decency and common sense, until there were no bounds to their excesses and extravagance. The Romans, both rulers and nobles, were coarser in their indulgence than the Greeks. Their emperors gorged themselves with food and wines till they could not stir; but "a slave was ready with a feather to tickle the palate, and relieve them of their surfeit," only that they might begin again, eating at all hours, day and night, and ruining their courtiers by the extravagant entertainments they dared not refuse. No banquet, that was thought fit for the emperor, could be prepared for less than 400,000 sesterces, or $16,000. This was considered a moderate price to pay for the honor, the least they dared to offer.

Nothing was prized after awhile in these mad orgies that was not obtained at great expense, even when the material was far less delicate and palatable than many cheaper kinds easy of access. The flesh of peacocks is hard, juiceless, and not of pleasant flavor, but it could only be obtained at forty dollars a pound, and therefore was preferred to more delicate poultry. But there were too many

who could afford that luxury, and so the emperor must be regaled with peacocks' brains and singing-birds' tongues at fabulous sums. Sucking pigs were fed on dates, geese fattened on figs, and only the enlarged livers used.

Fish that could be obtained at home were worthless, and many ships were used only to bring fish from foreign shores. The Roman nobles would pay $100 for a single lamprey, or $500 for a mullet of six pounds weight, and on some great occasion $1,000 was paid for them. If one fish could command such prices, no wonder these feasts were the ruin of many nobles, when they dared set before the emperor only the liver and gills of these fish! When they began to build reservoirs to breed these fish, and keep some constantly fattening, it has been stated that some of their slaves were thrown into the tanks for food for these fish! Certain it is that veal soaked in human blood was given them. If one of these imperial gourmands waked in the night, and commanded a dish impossible to be obtained on the instant, the cook could only save his head by concocting something, often of the most detestable material, and, by strange seasoning, beguile his lord into giving it the name of the dish for which he had called.

UNEQUALLY YOKED.

Why is it that domestic discord has of late become a prominent feature in our daily news? Quarrels, separations, divorces, and even murders, are fearfully common; and not all, by any means, confined to the ruder, uneducated and unrefined classes. It must be that in entering into the marriage relation there generally has been a motive stronger and purer than mere fancy or convenience. But, alas! how often, where none can doubt but that love was the ruling cause, trifles light as air spring up and bring discord and heart-burnings, where most there should be peace and unalloyed happiness! How often a careless word, a look, a mistake, a trifling misunderstanding, a flash of temper, caused, it may be, by concealed

illness, but repented of as soon as shown, has left a coolness that one frank, honest word could have dispelled! But pride on one side, over-sensitiveness and natural timidity *with pride*, on the other, hold back the olive-branch, and leave the pain to sink deeper and deeper, and the coolness to stiffen into ice. When that is permitted, a correct understanding or explanation seems almost past hope. When, unfortunately, this state of things is noticed by others, whispers and hints help to increase the trouble. Incompatibility of temper, uncongeniality of disposition, being "unequally yoked," etc., are daily heard; and the cloud, not bigger than an infant's hand, grows darker and broader, and all the worse for the officiousness of friends (?), until it threatens to break the sacred tie, and plunge two lives, that should have been as one, into utter darkness and irretrievable anguish. Is there no unseen influence to watch and guard this holy relation?—no little child gone up to the angel, to reach down, and, bringing them together, lead them out from under this cloud?

From what slight causes such discord often springs! and because neither is willing, or knows how to yield, or, if ready and longing, each shrinks from taking the initiative, fearing to blunder, the right moment is lost, and the breach grows wider. How many separations or divorces have sprung from causes so slight, that, on looking back after the tempest, when all is lost, neither would be able distinctly to state how the trouble began!

In all cases, whatever the cause, it is too delicate for a third party to meddle with. With the very best intentions, they, too, often add fuel to the flames. If the union was founded in love, any little disturbances that sometimes occur, may be quieted by a slighter thing than that which caused the mistake. A man's pride restrains his tongue; but if a wife is watchful she can readily understand the first approach toward reconciliation, even if no word is spoken; a smile, a look, a hand-caress is all-powerful.

"The tongue is very proud, abominably proud and ugly, and often refuses to say what the heart desires and knows should be said; but the fingers can convey an apologetic or a forgiving pressure which will have power to stop ninety-nine quarrels or misunderstandings in a hundred, if the parties truly love each other. A

wife will do wisely if she accepts such a demonstration from her husband as an acknowledgment that he has been mistaken, wrong or unjust—concessions which few men can bring themselves to utter—or, if the greatest blame rests with the wife, he will be more ready, by a gentle caressing touch, to prepare the way for her acknowledgment than by embarrassing her with words."

It is folly for a woman's pride to bar the way against the happy termination of all that threatens to lessen conjugal affection. Her sense of *duty* or right may justify her silence in some cases, but her *pride never*. Is it just, then, to ask a woman to stoop to make the first concession, the first advances, when, however much she may have erred through supposed provocations, she knows the first mistake was not made by her?

When so much is at stake we can not call it stooping, to crush back into her own heart the pain or the sense of injury, and by gentle words, kind acts, and every honest concession, labor and pray for the return of peace and confidence; hoping, trusting, that by this sacrifice on her part the wrong, mistake, misapprehension—call it by what name you will—may be dispelled, and sweet peace and confidence be fully established.

Mistakes thus adjusted seldom occur again, if peace and love are thus restored without much talk, without long explanations, which usually "make that darker which was dark enough before."

No one doubts but woman is so constituted that she can endure hardship, pain and trouble with more patience, and can conceal suffering more entirely than man. It is her nature. Why, then, when a cloud hovers over the two, should she not be the first to try and dispel the coming darkness, even if at some pain and discomfort to herself? Her reward will be so great. Ah, if both were capable of reading each other's inmost thoughts correctly, how near akin to heaven married life would be!

Strange as it may seem, it is not always those who are the most alike, either in the marriage relations or in close friendships, that are the safest or happiest. Often those who are exact counterparts are happier in the end than exact duplicates; for each may bring what is lacking in the other, and thus make the union or friendship more symmetrical and perfect. But this dissimilarity requires

careful management at first. Each must learn to read the other perfectly, before they come into the true harmony which makes love or friendship blessed. This is not always easy; and, till the heart language is thoroughly understood, little jars are likely to occur. This is why the first two or three years of friendship or marriage will be like a school, where all the rules, the moods and tenses, are to be thoroughly studied, and each heart becomes as an open book to the other. Woe be to friend or lover, if the lesson is not well understood! It is while it is being learned that most dissensions and troubles spring up, and more wisdom, patience and forbearance are necessary. But when they once understand how to interpret each other, as God meant them to, recognizing and accepting the traits most dissimilar as but parts of one harmonious whole, then love will adjust and blend the different traits so deftly that the whole character will be perfected.

This, however, can not be accomplished without many backslidings, when the differences in characteristic traits are not about equally distributed. If one is abrupt and quick, the other easy, gentle and loving—one not over-impulsive, slow and phlegmatic—and the other enthusiastic, energetic, untiring in daily self-sacrifice, with sensibilities strung to the highest key—there must inevitably be occasional collisions that will threaten great disaster, because their eyes are for the time blinded, their understanding darkened. Ah! if some of those "ministering spirits, sent down to minister unto those who shall be heirs of salvation," could but watch over mortals, dispelling suspicions, explaining mistakes, opening eyes that pain and doubt have sealed, illumining understandings clouded by misapprehension, revealing the truth and honor and priceless value of each heart—half alienated by these mistakes—how many happy homes, how many precious friendships there would be, to make this beautiful earth a blessed dwelling-place!

How hard to see friendships dissolving, loving hearts estranged, and valuable lives wrecked, and yet be powerless to enlighten and save!

OVER-INDULGENCE IS NOT TRUE LOVE.

Many parents imagine they are model guardians of their little ones, because they are willing to give their whole life to the unrestrained indulgence of all their whims and fancies. It does not take long for even a new-born infant to learn that it is to be the chief ruler in the house. To be sure, it will be years before the babe can reason about it, but instinct, if nothing stronger, will soon teach it that crying is all-powerful. Before one short month passes over its head, the nurse, the mother, and all in the house are perfectly drilled to instant and unhesitating obedience. Every one understands that there will be no peace unless the little tyrant is rocked to sleep, or constantly in the arms when awake. The hired nurse rejoices when her time of service expires, and she is free from the "little imp's" exactions. That will be the term by which she will designate her last charge; but the mother's love sees only a "cherub;" an "angel;" "the sweetest, most perfect blessing in this world."

Truly, a mother's love covers a multitude of sins, and clothes her idols with celestial charms. She never feels that she is ruining her own health when, for the time, unconscious of fatigue, she is gratifying her child's most unreasonable demands. If any one ventures to hint that so much indulgence is injurious, and will not add to the comfort or happiness of the recipient, how the mother resents it! We have heard misguided parents say:

"I will not have my children restrained while young. They shall never be denied any indulgence or pleasure that I can provide while in my care. They will have troubles and trials in plenty when they have grown up, without knowing any in youth that I can ward off."

This is the way some mothers manifest their love. What a mistaken idea! What will their children be when they pass out from their parents' care? How can they bear life's burdens if they have never learned that there are any, until, without warning, they find themselves encompassed with them? What power of resistance,

what strength of purpose can they be expected to have, what efforts towards a useful life can children thus reared ever make with any prospect of success?

For the child's own good, to show the true, perfect love, those who, from birth, are committed to their parents' guardianship must be made to "bear the yoke in their youth," so that, in riper years, the yoke may be easy and the burden light, or be found to be a pleasure, and no cross at all.

There is exquisite pleasure in devoting one's self to the baby in our arms, "the toddling wee thing" that plays at our side; the rosy, curly-headed darling who follows us about the house with joyous laughter, or chirping like a bird in its merry play. It is hard to refuse their soft pleadings, even when we know they plead for that which is not for their real good. This is hard, if one looks only for the present enjoyment. Oh, if mothers could bear in mind that they must look beyond babyhood if they would insure their children's best good—a happy, noble, honorable maturity! For "so surely as the years drift by, and life is spared, so surely will the world, with its stern discipline, take all our tender fledglings under its tutelage. With dancing feet and gay laughter, life's problems may be solved for some; or with sorrowful heart and tearful eyes, may come the elucidation for others. But whether the days troop by in gladness, or go leaden-paced in sorrow, the riddle must be, in the end, for individual reading. The young must for themselves chase empty bubbles, and see them perish in the grasping, before they will learn that the alluring is not the enduring."

"All that the parents can do is to stand with ready counsel, seeking to guide the wandering footsteps in safety past the shoals and quicksands, until, happily, this tender watch and care shall see them treading the paths of pleasantness and peace.

"The teachings of childhood are the corner-stones on which to build the foundations of character. If these are laid in wisdom and faithfulness, we may look to see the superstructure rounded and beautified by the lessons of life's experience. But the mother who fosters childish vanity, and aids to develop the chrysalis into a butterfly of fashion, fails no more signally in fulfilling her trust,

than she who, with tender love but mistaken kindness, guards childhood and youth from every duty and exertion as well as from all self-denial and care. Such over-indulgence will surely result in dwindled faculties, buried talents and a disfigured character, the bane of happiness to its possessor, and a blessing to none. Though the inheritor of millions, children spoiled by over-indulgence are defrauded of their rights."

In after years, through great suffering and sorrow, if to such cruelly indulged children there should come an awakening, still the character is shorn of half the strength it should have had, and what is left of life will be passed in the shadow, and burdened with daily repining and sorrow for a misspent youth.

If parents would learn in time, that over-indulgence in childhood brings to their children in later life only an inheritance of regret and disappointment, how many lives would be made happy and cheerful, that now, through over-indulgence, are utterly wrecked and useless—ready to turn upon their parents with reproaches instead of rising up to call them blessed!

THE CARE OF THE SICK.

That mothers should educate their daughters to understand the most important parts of skillful nursing, is an idea we have much in our thoughts; for we see how many suffer needlessly for lack of knowledge on the part of those who have charge of the sick. To be sure, many have not the comfortable appliances that seem almost indispensable in the sick-room. In small, cramped apartments it is impossible to do quietly, or entirely out of the sick-room, much that the invalid ought not to see or hear.

In such cases, patience, endurance on the part of the sick, and skill on the part of the nurse, to keep all preparations as far as possible out of sight, is the most that can be done.

But in comfortable homes, with the sick-room at a distance from the kitchen, there is no excuse for many things that are very an-

noying. We have known nurses to put a sauce-pan over the grate in the sick-room to make or warm over what they intended to be choice dainties for their patient. But nothing should be ever warmed up, much less cooked, in the room of the invalid. The sight or smell of the most delicate dish will be wearisome to the exhausted nerves, and, when made, will, perhaps, be repulsive to the weakened stomach.

Cook a small quantity. Better the patient should crave a spoonful more than revolt at the abundance. Prepare it far away from the sick-room, without a word of consultation with any one except the physician, and bring it the moment it is done. Don't linger till it cools, or grows stale and insipid; and the little that is brought should be prepared in the neatest, most attractive manner. Select the daintiest china and silver, and, if possible, bring with it a tiny vase with one choice rose or flower whose fragrance will not be too pungent; spread a pretty, white, glossily smooth napkin over the small waiter; have the glass like crystal, and the silver bright as a ray from the sun. Any thing to be taken hot, should be as hot as possible. Any thing needed cold, should be like ice.

No high seasoning should be given to an invalid; but what is allowed should be of the choicest, and mingled like Eve's repast for the angel in Eden. Remember that salt, pepper or sugar can be easily added; but if too much is used it can not be remedied, and the food be acceptable. A very small proportion of the sick care for sweet things; broths and well-seasoned meat, when allowed, fruit and acid jellies, are usually more sought after.

While endeavoring to surprise the patient with something that one feels sure will be relished, if the sick turn from it, not yet able to relish it, be patient. Do not urge or expostulate. Remove the dish, and when out of sight stop and think if you have not taken in too large a quantity. If your judgment assents, try something else in a very small quantity, and an hour or two after prepare the same thing that was before rejected, but only a spoonful or two; offer it without comment, and in nine cases out of ten, if really daintily prepared and presented, it will be taken with a good relish.

Of one thing a nurse—or one who has any thing to do with the care of an invalid—can not be too cautious. In preparing broths,

beef-teas or soups, let no mote of fat be seen floating on the surface. Nothing is so repulsive as those *eyes* of fat on the top of a cup of broth or soup. If well made, few articles continue so long to be acceptable as good beef-tea; only be cautious not to give it too constantly, lest it grow wearisome.

We have seen but few who make beef-tea in the way we imagine best secures the whole of the juices of the meat, without any addition of water. We will give a rule that is not troublesome to follow, and, once tried, we think will be more generally used. If near a butcher, get him to chop a pound of lean beef very fine (if you prefer, chop it at home), take a thoroughly-cleaned glass or stone jar, put the beef thus chopped into it without any water. Screw down the cover, and set in a kettle of cold water. We have always screwed the cover almost as tight as for preserves, or put in a large cork quite firmly, and never had one cracked or broken. The water should not reach the top of the jar, even when boiling. Some set a brick or some other weight on top to keep the jar from tipping over; but if broad at the bottom the weight of the meat will prevent that. Let it heat very slowly till it comes to a quiet boil. Keep it in that state full six hours. That is the best; but, if in haste, it can be made quite good in one hour. When possible, beef-tea should be made the day before using. Set the kettle off the stove, when done, into a cool place, and let jar and contents become perfectly cold before taking it out. When opened, turn into a bowl, let it stand a short time to settle, and see if any particle of fat rises to the top. If so, remove with great care. Squeeze the meat hard, a little at a time, through a lemon-squeezer, to secure all the juice. Then salt and pepper, if allowed; heat quickly in a very clean sauce-pan, strain through a clean cloth, and give to the patient either very hot, or icy cold, as best relished.

We close now, lest we become tedious. But we have suffered so much poor nursing, and been at other times so comfortable and happy by the best of care, that we greatly desire mothers should see the great importance of having their daughters know how to take good care of those who are sick and suffering.

PROMPTNESS AND SELF-CONTROL IN SUDDEN ILLNESS.

Sudden attacks of illness no doubt frequently terminate fatally; but it is worthy of notice that such results are comparatively few, if the attacks occur when at home, or among those who have the ability to keep their heads cool and clear, whatever of pain or alarm their hearts may have to contend with. Most cases of sudden, almost instantaneous death, occur when the sufferer is alone, unable to summon prompt attendance, or in the streets, in a public assembly, or in some similar position, where indications of such an event will cause tumult, confusion or uncontrollable excitement. On such occasions the spectators are unbounded in their indications of real kindness and sympathy, but mostly lack calmness and self-control; or, mistaking the cause of the attack, especially if inexperienced in the care of the sick, but zealous to do something, they often administer the wrong remedies, and by so doing hasten a catastrophe, that, by proper treatment, might have been averted. No doubt many are stricken down and die who could have been easily saved, if some friend had been near who understood their liability to acute ailments, and was able to hold himself quiet and steady.

When a person faints, every effort should be made to disperse the crowd that will be likely to gather close about the patient. One, or at the most two, are all that can act to any good purpose. Lay the patient down, secure a large supply of fresh air, bathe the face in cold water, or sprinkle the face with a sudden dash, not to deluge the patient, but to start circulation quickly by the shock of the cold water on the face. Apply cologne, or hartshorn, but not in a rash, impetuous manner. Act rapidly, but calmly and quietly, with no loud talking, or quick, frightened exclamations. Every thing of this kind must be avoided, for the return to consciousness in fainting may be instantaneous, or nearly so, and any such excitement will be injurious, and may cause the patient, if nervous or easily alarmed, to relapse into another fainting condition, which

will be more difficult to manage than the first. Rub or slap the hands quickly, bathe the face freely in cold water, and often dash the water sharply over the face from the wet hands. In common cases, recovery from fainting fits is not difficult; but, unless it is speedy, send for a physician at once, while the attendants continue their efforts actively until he comes. It is safer to summon medical aid when there is any delay in recovery, because there may be a more serious state of things than is apparent to spectators, which a physician could easily detect, and for which he is more competent to find a remedy.

But it is not always safe when a person falls, apparently insensible, to treat the case as a faint. Many have trouble with the heart, which is not necessarily alarming if proper attention is paid to the symptoms at once. But the two—fainting and heart-trouble—are so entirely unlike that a mistake in treatment, if not fatal, is very unsafe, and a source of much additional and needless suffering to those afflicted thereby, especially in a crowded room or public assembly.

For both, the first step, and one of great importance, is to urge every one to withdraw from the immediate vicinity, save those in active attendance, and have as few of those as possible. This is a difficult thing to do. A kind of morbid curiosity, not of the base or mean kind, born of intense and kindest pity, but perfectly helpless, induces every one involuntarily to stop and look, or press up so closely about the patient as to exclude the air, and the little that can be obtained is so contaminated by the breaths of a multitude, gathered into a compact wall about the sufferer, that there seems no chance for the already oppressed lungs and heart to throw off the lethargy. People stand around as if spell-bound, and can not be dispersed except some dominant spirit adopts a tone of stern command, hard to assume when such thoughtlessness so evidently arises from the tenderest sympathy. But it is the only safeguard, certainly where the trouble springs from impeded action of the heart.

In fainting the pulse is imperceptible, the face pallid and rigid as the dead, and all power of moving, all sight and hearing are lost. But where the heart is the seat of trouble, the face, often for a few

moments only, is almost purple, then becomes very pale, but not corpse-like, a bluish tint usually underlying the pallor. In all cases that have come under our own immediate knowledge, the eyes close firmly, as if glued down, the tongue refuses to speak; but the hearing and perfect consciousness are naturally acute, although the limbs refuse to perform their duty. The blood rushes to the heart faster than the lungs and brain can pump it out, the veins on the neck seem about to burst, and the top of the head ready to follow. If any one can administer a teaspoonful of raw whisky instantly, the attack can, in most cases, be almost instantly relieved.

In all cases of heart disturbance, *never* attempt to lay the patient down. That will fearfully increase the suffering, even if it does not speedily end fatally. Never put ammonia, cologne, or any thing of the kind to the nose, or sprinkle cold water in the face. That renders breathing still more difficult. Never fan a person so afflicted. It will stop the little breath remaining. None but those who suffer from some irregularity in the action of the heart can realize how much suffering is caused to those thus afflicted, even when in their common state of health, and not laboring under a sudden and acute attack, by the irrepressible fanning that is almost incessant in crowded halls, or large assemblies. They forget—those who keep up ceaseless fanning—that to their near neighbors who sit behind them, in front, or on either side, they may be causing great discomfort, and perhaps serious evil. Never fan another without being requested to do so, and do not be unmindful of others' comfort when fanning for your own individual gratification. It is perfectly easy to secure all the pleasure of fanning, if there is any, and the fatigue and exertion besides, without molesting those who fail to find comfort in the act. If one fans quietly toward her own face—a front motion, not from right to left—she can secure this private enjoyment without discomfort to any one.

The more rapidly the space about one suffering, either from fainting or disturbed action of the heart, can be freed from spectators, and only those absolutely needed remain, the quicker will be the recovery, and the after-effects entirely dispelled or greatly modified. Fill the room with fresh, pure air, but let no draft chill

the patient, or blow directly into the face. If from home, secure a carriage, and lift the patient gently into it, and drive home as soon as possible. If fainting, the action of the air outside, while being carried to the carriage, will usually do all that is needed, except a few hours' rest and quiet.

If the heart has caused the commotion, the recovery may not be as rapid, unless a teaspoonful of whisky can be given, in as short a time after the attack, as possible. That will usually relieve the pain, and make the act of breathing less difficult; but the strength will be much weakened for some days. As soon as the patient reaches home, while seeking to insure quiet, be sure that all surroundings are cheerful. By quiet we do not mean that the person is to be carried to the bed-room, and urged to find quiet by undressing and going at once to bed, unless the attack was developed late in the evening. Let the easiest and most suitable chair be provided, but not a rocker, and the least excitable of the family gather around, with cheerful conversation, but without talking of the attack. See that the usual family arrangements are carried on without any noticeable change, or indications of anxious watchfulness over the invalid. For, however brave and self-controlled one may be, even under acute suffering and the after weakness incident thereto, anxious looks, a distressing effort to speak low, walk softly, constantly pausing to scrutinize the individual, or inquire if any thing more can be done to make him comfortable, is annoying and depressing to the last degree. But as soon as remedies used have procured relief, let every thing settle into the usual routine as easily and rapidly as possible, without constantly alluding to, or speculating on, the recent alarm.

ORGANIZING THE FIRST HOME.

However carefully our daughters may have been instructed by the best of mothers, all through their girlhood, when they marry and go to preside over a home where they are to reign supreme,

they must, of necessity, find some rough places at first, and will naturally, for a few weeks, be over-anxious until they become familiar with their new duties—new, because, for the first time, they feel the full responsibility of their strange position. However well instructed and efficient they may have been as daughters, their mothers were alway near to run to for advice or direction when any thing of importamce was to be done. They had the deciding voice. To them the daughters turned, or should have turned, if servants were insubordinate, or questions arise involving extra care or work, or any important change was to be effected.

But once removed from the mother's guardianship, the young wife finds that she must begin to act alone. She must frame the laws that are to govern her new home, and see that they are distinctly understood by those who are to be guided by them. It rests with the young mistress to assign to each servant her appropriate place aud duties, and thus prepare the way by which her work can be done to the best advantage, and most for the comfort of the employés and the interest of the employer. It is for her to decide if her new home is to be one of misrule and disorder, or if there shall not only be a place for every thing, and every thing kept scrupulously in its place, but that the time for every duty shall be methodically and definitely decided upon and carried into active, every-day life.

There are housekeepers that, by their distressing neatness and precision, are the torment of their friends, and the terror of all in their employ. That is not what we would wish young housekeepers to aim at; for all rules that tend to real systematic labor leave a fair margin for accidents, casualties, unforeseen interruptions and the mistakes of ignorance—not indifference—but at the same time they do not lose sight of well-digested regulations and laws that aim at order and methodical labor.

The young mistress must also remember that with her employés, as well as with the children of a family, obedience to the regulations that are to govern the household must be secured if there is to be regularity or efficiency in the labor to be performed. But while aiming to secure a just and proper compliance with her reasonable requirements, she should be mild and gentle, while at the

same time strictly firm, giving her orders with the pleasant tones and manners of a friend, but the firmness of one in indisputable authority.

In every family, large or small, there is a certain routine that must be passed through each day. To secure this, there should be no slothful ones in the family. Early rising, prompt attention to the duties of the hour, are indispensable; and, in the end, it lightens the mistress's cares if she takes the initiative in this matter, and teaches her family and domestics early rising and promptness, by example, as well as by precept. No drones should be allowed. If one slights or neglects her part of household service, some one else must take up the deficiency by more than her own share of labor, and that is unjust and not to be tolerated—save in case of illness—for an hour.

And with promptness and earnestness in labor, strict economy should be carefully blended. Many mistake rapidity for promptness; whereas, the first, if not well regulated, tends to waste and disorder; the latter, to that kind of work which has been well considered and prearranged before ready for action, bearing in mind constantly what step will be the most effective, just how far the work extends within the bounds of strict economy—not parsimony. It has been said, "Parsimony has a miser's grip, but economy ties its purse-strings with a double-bow knot"—secure and strong, but easily untied for correct and just demands.

But economy takes hold of other things besides the material comforts that are committed to the young housekeeper's charge. Time should never be wasted, and early-rising and prompt oversight of household affairs will do more to economize time than any thing else can; so much more can be accomplished in the early morning hours than in any other part of the day. If in health, one finds planning for, or performing any needful work, so much easier after a good night's rest. The mind acts more clearly and rapidly, the body is more vigorous and elastic, and one is less liable to interruptions from outside disturbances and calls. These early hours are golden; and, if their value is rightly understood, they enable the sensible housekeeper to find many leisure hours for mental improvement,

for works of benevolence, and the few friendly calls that are indispensable, if the social nature is to be cultivated.

This is but a faint outline of the first steps toward laying the foundations of that which should be a permanently happy home; but these few notes may serve to rouse the mind to the necessity of training young girls so that they will see the importance of these suggestions, and be ready to adopt them, when called to accept the proudest and most responsible position that a woman can hold—the mistress of her husband's house, and the queen of a well-organized home.

"TOO TIRED FOR ANY THING."

How often we hear this expression! But by which class is it the most frequently repeated—the mistress of the family, who faithfully provides for her household, and as faithfully superintends every department, and, if not actually doing the work with her own hands, yet carefully overlooking the whole, so that what she provides will not be wasted—or the lady of fashionable life, with a large circle of acquaintances, of a class that demands of their associates a constant round of fashionable excitement and that kind of exhaustive dissipation which is necessary to secure any distinction? To return all the calls that etiquette demands in such circles must alone draw largely upon time and nervous strength.

That household labors and cares are a tax on health and strength, under the present style of living, is undoubtedly true; but how much of it is needless—in nowise increasing the comfort or happiness of the family circle, but in all the departments increasing the labor fourfold, simply from a blind, unreasonable adherence to the dictates of fashion! Are those who require three or four servants to keep the household machinery in good working order any happier than our mothers were? How many turn from an elaborately cooked dinner and fashionably served tables with longings for the more simple, but most excellent cooking of the olden times! Then

one servant was sufficient, and often the mother preferred to do all the work without any other help than her young daughters, thus teaching her girls the true lessons of domestic economy as none but a mother can teach them, and both happy in each other's society.

Was a woman's labor, under such circumstances, more wearing to health and strength than the cruel bondage in which those live who are worn out in endeavoring to secure from servants the careful, efficient work absolutely indispensable to the present style of living, even where one does not attempt to pattern after the extreme of fashionable living? Take one item alone. Have any of our readers tried to estimate the work to be done in simply washing the dishes after a well served—not a stylish—dinner? A few weeks since we prepared a dinner for a few guests in the country, with no help but a young girl of thirteen or fourteen years. After dinner, feeling that it would be too great a tax on our young assistant to "clean up" in season for supper, we took charge of the dining-room dishes, leaving the kitchen and cooking utensils to the little girl. We had the curiosity to count the dishes for six people as we washed, rinsed and wiped them, wishing to form some just estimate of the work. There were one hundred and sixteen different articles to be handled over, each three times—washing, rinsing and wiping. "What an elaborate dinner!" Not at all. Count the soup-plates and spoons, the meat-plates, knives and forks; a separate saucer and spoon for "succotash," tomatoes and sauce; meat-platters and carvers; vegetable dishes, coffee-cups, saucers and spoons, etc. To look on the table, there did not seem so many articles; but wash and wipe them yourself, and count as you proceed, and after that you will have more respect for the work necessary to keep just the dining-room in order, and for only one meal.

With how much more appetite one living in that happy state, neither poverty nor too great riches, partook of the plainer and more healthful food of the olden days, undisturbed by the confusion and bustle of many courses, or the constant attendance and espionage of a waiter, who gives more attention to the pleasantries and freedom of the family circle than to the service a fashionable style demands; whose tongue is ready to retail all that is said or

done, and "with additions strange!" How many dishes of scandal that float like a poisonous vapor through the air, would be lost without the omnipresent waiter!

But the over-exertion and slavery of providing for the table is but trifling compared with that which is exacted by fashion in dress, amusements and the prescribed amount of "calls" interchanged. Even if the cares of a household are sometimes severe and overtax the strength, yet there is a chance for the full and healthful exercise of the whole body, and a good amount of it in the open air. If the labor of olden times was often burdensome, and time and strength taxed severely, it could not be half as injurious to health or disposition, as bending for hours over the many yards of rufflings and trimmings, that many of the devotees of fashion and style can not afford to have done for them. We all know how injurious constant sewing is, restricting the natural action of the lungs and heart, and making the eyes prematurely old. Few, comparatively, can afford to spend money to hire a seamstress after indulging in the lavish expense of buying materials for the elaborate dress which the present harlequin style demands.

But we are by no means sure that even the herculean task of making the dresses is as injurious to health and happiness as the severe strain on nerves, temper and strength which ladies, with the most plethoric purses, experience who traverse the cities, roaming from store to store, in their intense anxiety to secure the newest and most unique styles; and all the time in torture lest, after such toil and painstaking, they may have misjudged or been beguiled into a false selection. Ah! if Mrs. —— has been before them, and at the next great ball shall appear attired in a more attractive dress than they have secured, after all their research, what a deplorable calamity that would be! In what a depressed and anxious state they are carried home in their luxurious carriage, and sink exhausted into the elegant easy-chair, "too tired for any thing!" With this fear ever haunting them, they repeat these tiresome shopping expeditions day after day. How uncomfortable they make themselves, and how disagreeable they must be to others, exhausting even the wonderful patience of the weary clerks long be-

fore they have settled the momentous question—they—whom many envy, feeling that they have all that the world can offer!

The material purchased, the poor victim of fashion's caprices finds her troubles but just begun. The stylish dress-maker is the ruling spirit, and perfectly understands that her patrons have put into her hands a power before which the proud, sensitive, and, to others, overbearing victim must bow. The cat plays with the poor, trembling mouse for awhile before she gives the final stroke. The imperious dress-maker tantalizes her victim by seeming doubts and hesitation, and then condescends to acknowledge that the materials are satisfactory, but fears there is not quite enough. Then she keeps her in suspense as to the newest, the very newest style, and with trembling, nervous persistency, she begs to know if there is not something just a *little* more stylish.

But the style at last settled, another trouble assails her. The dress-maker, who has the most fashionable customers, fully understands her position; and, although she knows it is for her own interest to have her work done in time, she again keeps the poor, weary slave of fashion in suspense, and will not be hurried. When at last the dress, over which the owner has spent more time, strength and comfort than the hardest-worked housekeeper is subjected to, is brought home—look at it! What can be more ungraceful than a lady dressed in the extreme of fashion, or, indeed, with but half its absurdities! The Hindoo beauty, who, to be the belle, "must walk like a drunken goose or young elephant," is no more at variance with true grace and beauty than the stylish lady of the present time, with banged or frowzy hair, dresses pulled back, puffed and banded, stooping and tottering on high-heeled boots, and with the added incumbrance of a long train with which she sweeps through elegant parlors, or, at the slightest beck of fashion, drabble through the mud or across dirty sidewalks. No wonder we hear them so often exclaim, "I am too tired for any thing."

Why risk health and home happiness for such false lights that "shine to bewilder, and dazzle to blind?" Sorrows, from time to time, come to us all, when the heart bleeds, and the wound will always smart. But the deep scars, that tell where the strain was

hardest, tell also of the balm in Gilead, which He who scourges never fails to apply.

But the toil of sorrow and care which we *make for ourselves* have no promise of relief from the comforting hand of the Father. The slavery of fashion, which so often leads to sin, we can not carry to His throne, and pray for relief and a blessing.

Is there no practical way to break the chains that are becoming each year more galling? Let us give more thought and time and strength to practical labor of some kind, and less to frivolities, and we shall hear less of feebleness and nervous prostration, and our women will lift up their heads rejoicing, making better wives and mothers, and securing happier homes; and then very few will be ready to acknowledge themselves "too tired for any thing."

COOKING BY STEAM.

Steam as one of the best friends of the housekeeper, has often been set before the public. Every year some new steamer, or improvement on the old, or some new way of preparing food through the instrumentality of steam, is brought to light, and, with the best of encouragement from responsible indorsers, seems for awhile to gain rapidly in reputation, and then suddenly dies out; or, if used by a few housekeepers, little more is heard of it. We have tried one experiment after another, and, although finding some imperfection in all, have found sufficient that was most desirable and practicable to convince us that there was much of real value in the idea; and we are confident, if able to do all the work with our own hands, we could reap untold advantage and benefit through its use.

Does not the secret of the failure of the repeated efforts to make cooking by steam accepted by all, lie in just that one thing: that the mistress of a family is seldom able to do all the work herself? If she has not strength, or does not care to attempt that part, at least, of the cooking that requires more than ordinary judgment or

skill, or, what is much too common, is herself quite ignorant of all such accomplishments, new modes of work can not be tried with any great prospect of success. Most servants, particularly cooks, when accustomed to a certain routine in their work, are reluctant to change, and often show their reluctance by a kind of contrariness which effectually prevents success in any new ways they may be requested to try. If, under these conditions of things in the kitchen, the mistress will not, or can not make all such experiments herself, she will probably find, unless fully prepared to have the autocrat of the kitchen abdicate without "giving notice," that it is easier, and often wiser, to let a tolerably good girl move on in the even tenor of her way, without attempting any changes except those which she is compelled to bring about quietly and imperceptibly. This is a hard lesson for an old housekeeper to learn—one which she will not learn unless compelled by infirmities, or failing health. Then, when she can no longer put her own shoulder to the wheel, these repeated defects will teach her that now patience, as well as discretion, is the "better part of valor."

Count Rumford, knighted by the Elector of Bavaria for great military, as well as scientific abilities, was the inventor of the present style of coal fire-places, grates and cooking-ranges, and the first who studied the preparation of meat for food in a scientific manner. The result of his researches was the invention of a "boiler" for cooking by steam. This was in the last century.

Within a few years many attempts have been made to bring before the public "steam-boilers" and "steam-cookers," based on this first experiment of "Rumford's boiler." Five or six years since, Mr. Pierce, now dead, but then of the firm of Pratt & Wentworth, of Boston, Mass., perfected another steamer, involving the same principles, but with many improvements on the one of the last century, which, in compliment to the original inventor, he named "The Rumford Boiler." He very kindly presented us one of them, and, when in charge of the household department, we could not be hired to do without it.

One of the peculiarities of this excellent steamer is that neither steam nor water comes in actual contact with the article to be cooked. Two inches of boiling water is put into the bottom of the

boiler. Then a large receiver, with no holes in the bottom, into which the meat, fowl, fish or any thing to be cooked is put, is fitted on tight over the boiling water, and, with a closely-fitting cover, shut off from all possibility of being touched by the steam or water. Or, if many things are to be cooked, another similar receiver may be set on top of the first, acting as cover, and fitting as closely as if both were one tall kettle; a third on top of that, if need be, and the whole secured from steam or water by a tightly-fitted cover. The bottom of each receiver being whole, prevents the contents or juice of either coming in contact, as they must do in the perforated steamer.

The whole affair is about the size of an ordinary wash-boiler. Very little fuel will keep the water boiling when once it has reached that point, as it must do before any thing to be cooked should be set over. It being so closely covered, very little water can escape by evaporation, and after water once begins to boil, a small fire will keep it boiling, and any extra fuel added to make it boil *violently* is just so much wasted, and not in the slightest degree hastening the cooking. "It is by the intensity and duration of the heat, and not by the rapid boiling and bubbling of the water, that the food is cooked."

Meat cooked in this, or any tight-fitting steamer, without perforated bottoms, retains all the juice, and nearly all the original weight, losing only about one ounce to the pound. In the usual way of baking or cooking meat, four or five ounces to a pound are lost. Steaming, when properly done, cooks every thing all the way uniformly, and no article—meat, vegetable, pies, bread, etc.,—can be scorched. Meats require no basting, but are far more tender, juicy and easily digested. Every variety of food may be cooking at the same time, the close covered "receivers" preventing any mingling of flavors. If an article is left in longer than suffices to cook it thoroughly, it is not injured, for, as no water or steam reaches it, it will only be kept hot in its own juice, without the sodden, repellent look of food left too long in boiling water or a perforated steamer. And almost, if not quite as great a recommendation as the excellent flavor of the food, is the fact that no smoke or smell of cooking pervades the house.

Then, if properly steamed, there is no waste of meats. Even the tips of the wings of birds or fowls, which, in baking or boiling, are dried up and worthless, are almost like a jelly, and perfectly delicious; for when not dried past use there is no part of the poultry so sweet as the wing. All is tender and juicy. When we steam meats, or poultry or game of all kinds, instead of baking them, fifteen or twenty minutes before serving they should be taken from the steamer, then dredge over a little flour, baste with their own juice, and put into the oven not long enough to dry, but to brown delicately. This is a great improvement, and takes but a few minutes, as they are nearly brown enough while *steaming*.

By constant experiments, venturing a little more each time, we have found that many things can be dome most satisfactorily, and with great comfort and ease, that the inventor never promised, and did not know could be done. Bread, cake and pies put into the close "receiver" we find much better steamed than baked. When done, set them into the oven just long enough to secure the rich, golden, crisp brown. By this method we have no more burnt upper or under-crust, and no uncooked sodden bottom crust to the pastry. We will give one other item, which we think, and others acknowledge, is the crowning glory of our experiments in steaming food, and we will trespass no longer:

It is the fashion to think young broiling chickens a great luxury. Yes; but then there is so much waste; so much that is hard and burnt, and the little meat secured is usually stringy. We ventured on the steamer, and can ask no greater success. Cut the chicken open on the back, clean and wash thoroughly, and hang up to drain; clean and wash the heart, gizzard and liver, and put them in a saucepan with a little boiling water, and set over the stove to cook tender before the chickens are ready to broil. When well drained, put the chickens into the "receiver;" or, if one has no steamer, make one for the occasion by packing the chickens one on top of the other (well pressed out to keep in shape), into a close-covered tin box, or a deep tin dish that can be covered closely, so that neither water nor steam can enter. Set this into a pan of boiling water, if you have no steamer, and cover with another pan. Let the chickens steam from twenty to twenty-five minutes,

according to their size. Remember, being entirely shut off from water or steam, they can not be injured if in a little longer than is necessary. Have ready, when they are steamed, a good, clear, but not scorching fire. Set the gridiron over, butter it, and lay on the chickens. Put a platter or pan over them, set a flat-iron or some weight on it to restore the shape, watch carefully, and as soon as delicately brown on one side turn them.

When taken out of the steamer, sprinkle over the salt and pepper needed. Before the chickens are drained, and put on to steam, the giblets will be almost cooked enough. Take them from the water, chop very fine, and, while chopping, now and then sift over them some flour from the dredge-box, until, when fine, they are like a paste; season with pepper and salt, and put back into the water they were boiled in ; adding a tablespoonful of butter.

When the chickens are taken from the steamer to be put on the gridiron, there will be found a good quantity of delicious liquor in the pan; the pure juice of the chickens, which, if broiled without steaming, in the ordinary way, would be all burnt up, scorching the chickens, and filling the house with smoke and very disagreeable odor. By steaming, this is all saved and utilized. When the chickens are put on to broil, pour this liquor into the saucepan with the giblets; let them all boil up together. If sufficient flour was sifted over while chopping the giblets, the gravy will be a rich, thick, brown sauce, very delicious. When the chickens are nicely browned, lay them neatly on a platter, put butter over both sides, then pour over this excellent gravy. By this mode of cooking, every particle of the chicken is easily cut off and fit for use. Even the tips of the wings are like jelly—almost melt in the mouth—and very nice. Try it.

OIL-STOVES.

Last winter we were presented with a "Monitor Heater and Cooking-stove," and for a few of our coldest days rejoiced in the warmth of our little sewing-room, in which there was no furnace

register. The heater occupied about as much room as a common-sized hat-box. But just as we had settled down to a certainty of many comfortable and quiet hours in this little room, the insurance companies put their veto on its use, as a dangerous machine, which, if used, would compel them to cancel our insurance policies. And the poor, little inoffensive heater and the cooking-stove, equally guiltless of harm, were sent to a friend in the country, where the rule of insurance companies does not appear to be so absolute.

And yet, why should the oil-heater and cooking-stove be condemned by any insurance companies, when they allow the use of all kinds of kerosene oil-lamps? There are some non-explosive lamps that are safe, but there are far more of the glass hand-lamps in use by careless servants and inexperienced children; and they are unmistakably dangerous. The papers are full of accounts of fires and loss of life from the use of kerosene lamps; but we have yet to hear of any accident or fire through the use of the oil-stoves. Yet insurance companies allow such lamps in the houses protected by their insurance, but prohibit the use of oil-stoves. The Florence and the Monitor oil-stoves are carefully protected from all chance of exploding. The oil-tanks or reservoirs on both are so placed that they can not become heated, even. One can lay the hand on them when the wicks have been blazing half the day, and not find them even warm. Neither can the Adams & Westlake oil-heater and cooking-stove explode. These stoves are made on the principle of the Davies safety-lamp, protected, like the non-explosive lamps, by a gauze wirel-ining. A piece of paper or cloth may be set on fire, after the stove has been lighted for hours, and thrust into the reservoir full of oil, remaining there until it has entirely burnt up, and it will do no harm. We are very earnest in desiring to have this set right in the eyes of insurance companies, because these stoves make work so comparatively light. For two or three days in the week during the summer we have found it necessary to come down to the city, open the house, and prepare meals for one, two, three, or half a dozen, as the case may be—being housekeeper, cook, waiter and door-tender all in one. If we could have been permitted to open our oil-stove, this would have been no hardship. But to bring coal from the dark coal-vault,

away under the sidewalk, up-stairs to the kitchen, alone, had, we acknowledge, a little scare, and a good deal of labor connected with it.

Now, we are not particularly fond of cooking for a large company during hot weather; but all the exhaustion and dread of such work vanishes when done by one of these cook-stoves; and we wish we might be allewod to open our "Adams & Westlake" in our own kitchen, and cook a dinner for the chief authorities of those insurance companies by which we are held in subjection in this matter.

While preparing this dinner, the gentlemen should sit by and watch the operation—see the ease and comfort, and perfect safety of the whole process. With only our own two hands we could not promise them many courses, or any very elaborate entertainment; but we would promise they should be abundantly satisfied with the food thus cooked, and leave, with smiling faces, thorough converts to the economy and comfort, the perfect operation and safety of the oil cooking-stoves.

Last week we had the pleasure of assisting a friend in the country to prepare a goodly quantity of food for a special occasion, and found great satisfaction in doing the work on one of these stoves. Let us give the result:

The simple little stove was set on a table just high enough to work at easily without stooping; the three wicks lighted; water put over to boil for steaming some broiling chickens, and the dough for six loaves of bread molded and set to rise in the pans. The water was boiling in fifteen minutes. The pastry for berry-pies was made and set on ice, and lobsters chopped and prepared to fill their shells ready to be scolloped. Then, the water boiling, the steamer was put over it; four chickens packed in a deep dish and covered so closely that no water could get to them, and set in the steamer, which was then covered tightly. The giblets had been put over the stove in a small sauce-pan to boil tender for the gravy, and the chickens left to steam twenty minutes. While the steaming was going on, the pies were made, the oven, which heats in five minutes, put over the unoccupied hole, the pies put in, and in twenty-five minutes beautifully baked, and the scolloped lobsters set in the

oven to brown, while the chickens were steaming. This done, both holes were vacated, the gridiron put over and greased, the chickens—taken from the steamer and well seasoned—put on to brown or broil. During this process the giblets were chopped fine, and flour sprinkled over while chopping. When fine, returned to the sauce-pan, seasoned, and the pure juice of the chicken—two-thirds of a cupful, that without steaming would have gone on to the coals, filling the house with the smoke from burnt grease—was poured to the giblets, and set on a corner of the gridiron to boil up and thicken. As soon as the chickens were done the bread was ready for the oven. In less than two hours and a half all was done, the wicks turned down, extinguished, dishes washed, and the stove set away, and no sign of cooking to be found in the kitchen.

And yet our friend, when all was over and pronounced very good, could not refrain from mourning that we had done so much, and given so much time and strength to help her out of a tight place. But we thought it, however, as children say, *great fun.* She was thinking of the Egyptian bondage, the stooping, lifting, roasting over a fiery coal-stove, instead of standing at a table by an open window, and enjoying seeing the work go on as if by magic.

Gentlemen of insurance companies, please give this matter careful thought before taking from hard-working women such a comfort and assistant as the oil cooking-stove. Or, lest thinking over it may not be such an enlightener as practical knowledge, suppose you come and make the trial both ways yourselves; cook one dinner over a coal-stove and another over an oil cooking-stove? After that we shall be sure of your thorough conversion and kind coöperation. Practice is so much more convincing than theory. We should not have been half so earnest on this subject if we had not felt the burden of the one stove, and rejoiced in the deliverance and comfort of the other kind.

THE SAME OLD STORY.

From one generation to another the same old story of household responsibilities must be repeated to each aspirant to the dignity of the mistress of a home. Every duty connected with the various departments of domestic economy should be carefully taught to all young girls who are blessed with mothers that rightly understand the great importance of beginning such lessons early. In this age of progress, although the primary lessons may have some similarity to the old-time education, yet the character of the teaching has undergone great changes. In many respects these changes are very much for the better. No one can doubt that. But there are other features we would gladly reject, and return to the primitive simplicity of our mothers' instructions.

Each year the machinery and labor of domestic economy grows more complicated; the retinue of servants supposed to be indispensable in managing the needlessly intricate details of household labor becomes increasingly large, and the work accomplished by any one of them is greatly decreased. One "help" of the older type would accomplish more than three of our present class of "domestics." In this respect the question is forced upon us, "Does all this elaborate arrangement for the performance of home duties, bringing so much thought and anxious supervision, together with the ceaseless disturbances that are inevitably connected with a large band of employés—the petty defalcations, the reckless waste always to be watched for and suppressed—*does* this style of living make happier homes, better parents, more contented, intelligent, enterprising and industrious children?"

Although many hands may make lighter work both for mistress and maids, yet is that altogether desirable when carried to the extent now so common? Each additional servant brings upon the mistress an increased amount of care and anxious supervision, if she would insure the faithful accomplishment of her work. Does the entire freedom from the manual labor our old-time housekeepers so conscientiously performed prove, in all respects, satisfactory? What

labor with the hands is so wearisome and disheartening as the mental strain under the responsibilities any faithful housekeeper must feel who has in her employ several servants? If she avoids this by ignoring the necessity of watchfulness, refusing to take up the duties she should feel bound to accept, what ruinous extravagance and misrule must follow! So that their parlors are kept genteely, their dress in style, and their table luxurious, some housekeepers relax all further supervision, and give little thought to the true economy that should govern every department, and are utterly oblivious of the reckless waste and pilferings of their subordinates.

We would by no means advocate or desire that the mistress of a house, who can avoid it, should be called upon to do the hard work that many are compelled to do. New inventions, every thing that tends to lessen labor and lighten burdens, are justly hailed as blessings for all, the rich as well as the poor. Ah! if we would take these blessings as stepping-stones by which we may climb higher in soul-knowledge and strength! The danger is that they make us selfishly indulgent; that they enervate, not strengthen, both body and mind, instead of inspiring us to use the time and strength saved by new methods and inventions, to help others less favored, to work more for the best good of those in ignorance and poverty.

How ever much abundant wealth and every variety of new methods for lightening labor, may relieve ladies from hard work, we believe every one would secure firmer health, and be capable of a higher enjoyment of the blessings that surround them, if obliged to take some of that kind of exercise which manual labor secures; and a thorough housekeeper, who honestly intends that her work shall be done faithfully and systematically, with an eye to the comfort and happiness of every inmate of the family, will find the necessity for some portion of the bodily exercise she needs, and can not have so advantageously in any other effort. Does this mean any thing like drudgery? Not at all. A party, a shopping, or sight-seeing expedition, a ball or the theater, are far more fatiguing and wearing to the body and mind than the hour or two of that kind of work which every housekeeper should be willing to do—should take pleasure in doing. Instead of injuring any one it gives a tone and

strength to the body which enables them to enter upon all the pleasures that are at their command with greater zest and truer enjoyment. Bodily strength thus obtained builds up the mental condition, enlarges and strengthens it, so that there will be less craving for the continual excitement of a worldly life, and more pleasure in pursuits that build up and ennoble the mind and purify the heart.

Many of the good things which our Father has, through human instrumentality, provided to lift heavy burdens, and lighten woman's work particularly, are misused, perverted from their true design, and made to cater to pleasure and vanity, rather than to give leisure for mental improvement and benevolent work.

Take one example:

With what joy was the sewing-machine welcomed! What dreams of emancipation from weary and injurious labor; of leisure for more healthful and enjoyable pursuits! What is the result? Employment is more easily found by an expert in the use of the machine, no doubt, and many indigent girls, at starvation prices, secure a meager existence because of the sewing-machine. But could they not find other employment, no harder, and with as good pay? But, granted it has been a benefit to the poor, what has it done for the rich? Tempted fashion-makers from one excess to another, because their patrons can, through sewing girls, pile on any amount of trimming of the most absurd and fantastic device with no trouble and less expense to themselves.

Well, if the rich choose to spend their money in that way, what have we to say against it? Nothing, or not very much; only to wish that they could find greater pleasure in ministering of their abundance to comfort the sick, raise the fallen, and help those ready to perish. We might also humbly inquire if wealth is not one of the talents committed to God's stewards, for which he will demand a strict account? And is hiding talents in a napkin worse than squandering them so lavishly on pleasure or vanity? There is no sin, we imagine, in rich materials and becoming attire. It is the extravagant expenditure, utterly regardless of good taste—so that it is the style, even when it comes not far short of deforming the work of God's hand—that is open to severe criticism; and,

more than all, the example and the temptation which is brought before those who can not afford such expenditure, even on a small scale. Lured on, not strong enough to resist, how many neglect home duties and injure their health by sitting at a sewing-machine all day, and half the night, that they may appear in garments that they have used all their skill to bring somewhat into the semblance of a stylish dress! They see that they have failed to perfect the thing they would imitate. But the failure does not bring them to their senses. One extravagant attempt follows another, in their insane infatuation, and in many, many cases the extravagance of the wealthy has been the cause of breaking up and destroying homes which, but for this, would have been models of peace and content.

"Destroy not him with thy meat for whom Christ died." Neither through food or dress injure those who look to you for example.

"Let not your good be evil spoken of," for love of those vanities that perish with the using.

WHICH SHALL GOVERN—HUSBAND OR WIFE?

That word "*govern*" should never be shown in word or act—never enter the heart between husband and wife. No woman can be as happy as God intended marriage should make her, if her husband's love is chiefly manifested in his disposition to *govern*. Few women, however loving and self-sacrificing—if they are endowed with sound sense and judgment—fully yield up, in the secret recesses of their own hearts, all their preconceived ideas and theories, judgment or dictation, to their husbands. A man would despise a woman who did—*unless*, perhaps, it was his *own wife*. But wives may learn to keep silent, and, in their daily intercourse, make no attempt to argue or dispute, whatever their convictions may be. It may not be a heavy cross to a devoted wife to submit, and allow her husband to shape her life, not in accordance with her own

natural tendencies, but to suit his own tastes and wishes. No sensible woman, however, so far loses her own individuality, and becomes so like wax in her husband's hands, that her heart does not often whisper to itself, "Does he ever remember that I am, although his wife, a responsible being—that *I, not my husband*, at the last day, must stand or fall according to what I have, individually, done with the talents intrusted to *myself alone*—and not to him? If he endeavors to mold my acts, wishes and aspirations in accordance with his own pleasure or judgment, and if on that dread day they should not be approved, will he then be willing to answer for them, and have me as irresponsible as he wished me to be in my daily life?"

The best and purest elements of a woman's character can never be so fully developed and brought into constant, uniform action, as by the love, confidence and tenderness of her husband. If he gives this from a heart full of manly, loving courtesy, he will find a rich reward in such joy and comfort as only a happy woman's thoughtful care can bestow, while her heart sings grateful praises to her heavenly Father who has made her life so blessed.

But if the husband expects his will to be the controlling motive for his wife's conduct, God be merciful to a house thus governed! This course is not usually called will, but is spoken of as his "rightful authority as head of the house," a better sounding expression; but, nevertheless, those four letters express the same thing, and the wife, in her unspoken thought, will so understand it. She may love her husband devotedly, and in her youth and inexperience imagine that the sweet attention, the tender courting of the engagement days, must not be looked for when marriage has united and made the twain one. United! One! What a mockery!

It is just this assumption of rule, of dominant power, that robs so many homes of the glory and blessedness that should be only one step removed from heaven. If all could fully realize the true difference between the service rendered by woman to authority and that poured out unceasingly, spontaneously, for love, what a difference would be found in many homes! No duty can be hard, no toil oppressive. A wife's whole life is gladly, joyfully given for the comfort of him whose every word and act tell her she is

precious in his sight; not useful or valued simply because she is convenient—but that she is truly beloved. If the husband, from his heart, without condescension, or as a mere act of politeness, seeks her opinion or approval, shows that he respects her judgment, and in just fulfillment of the marriage vow, honors and cherishes her above all others, what words can reveal all that she will be, quietly and without pretense, to her husband and her children? His love thus manifested, will be to her a tower of strength, a strong fortress to shield and shelter her, so that all trials will have lost their sting. Pain, toil and anxiety will be met patiently; for loving attentions and tender words will give unfailing strength. He has no faith in that kind of love that is too proud to give it expression himself. A woman's heart wants words as well as acts, and often repeated, too.

> "For love will die, if it is not fed;
> And the true heart cries for its daily bread."

A home governed by such gentle influences, is to a home governed by man's authority, as a person is to a machine. One is life; the other only mechanism. A wife *governed* may have bread just as light, and a home just as tidy, as one guided—not governed; but the latter will give to her home and her husband a joyousness, a brightness and devotion that the first can not counterfeit. Her heart is made so full of happiness that it shines through every act. The humblest household duties have for her a richness and pleasure inexpressible; for is it not her offering to him whose care and love have made her life so rich and happy? In such homes—and we verily believe it rests more with husbands than with wives to build them up—the thought of supremacy never intrudes. Marriage in such homes is a true union, each mutually helping the other, bound together with united love and confidence; the husband's manifested by unremitted care and tenderness; the wife's, as is woman's nature, by that devoted service which is most happy in ministering to the comfort and pleasures of her household. She willingly acknowledges him as the *head*, in so far as deciding any matter for the home welfare—where their opinions are not quite in

unison—and in all that naturally comes under his especial care and supervision. But she yields—not through *authority*, but love.

BEAR YE ONE ANOTHER'S BURDENS.

In most of the relations of life this command may be correctly understood, however imperfectly it is practiced. But in the marriage relation there appear to be conflicting opinions as to the relative duties of each of the parties. Doubtless many of the widely differing rules laid down for them by self-constituted judges, originate with that class who are supposed to imagine themselves the best qualified to decide on the duties and management of other people's husbands, wives and children—*the unmarried of both sexes.* Ignoring, or avoiding the marriage relation themselves, they feel at liberty to decide for those who have been caught, just what the duties incumbent on them should be. This is well enough, because it usually is—or should be—quite harmless.

But among those who are united for better or for worse, no rule clearly defining the duties of each can be given. The difference in position, employment, and natural traits of character makes this impossible. Laboring men—those who are compelled to struggle hard for the maintenance of their families—and men of unrefined characters, are inclined to be too exacting as regards the duties which they think should be performed by their wives, or the amount of attention they are bound to bestow on them. Students, professional men, even when not lacking in sensibility and refinement, are often neglectful, or exacting, through that absent-mindedness common to those engrossed in intellectual pursuits. Some feel that a wife's chief thought should be for the comfort of her husband; others, that the husband is bound to shield his wife from all hardships or annoyances, and that "a wise woman will look to him to bear her burdens for her."

A woman who marries one who earns his living by the sweat of his brow, will not be very likely to accept the position without knowing

that she must share the toil and hardship, if any, in common with him. The danger will be that he may not realize how much more heavy, in comparison with the difference of their strength, are the burdens that rest on her, than on himself. It is, doubtless, seeing such injustice, or thoughtlessness, that leads so many to claim for a wife total exemption from burden-bearing; and women, especially among the more influential, refined and wealthy classes, to expect their husbands to shield them from every care. We are led to consider this matter from seeing several things in print which would seem to indicate that such is the husband's duty to his wife, and that "a wise woman best pleases him when she expects and exacts this from him, believing his mind the strongest, his strength the greatest, and his shoulders the broadest."

Meantime, if there is reason in this doctrine, pray what shall a wife do? Sit idle, a useless cumberer of the ground, or be a butterfly of fashion, instead of the helpmeet we have supposed God ordained a woman to be? No one will doubt that she has claims on her husband for courteous treatment, for attention, kindness and care, even beyond what gentlemen are bound to give ladies in general. Such attentions are a wife's due, and, as token of affectionate care, are inexpressibly gratifying; but these are not "bearing her burdens," as some claim her husband should. Take a married woman's life from one week's end to the other, whatever burdens may fall to her lot in practical life, and, however earnestly her husband may desire to free her from them, how often can he be by her side at just the critical time when she would gladly have his assistance? If worth loving and respecting, a husband should have duties into which, if he would insure success, he is bound to throw the best energies and working force of his nature. How much time has he to bear his wife's burdens, and lift from her all responsibilities? On the contrary, if, by untiring application to business, he supports his family comfortably, perhaps elegantly, should not the wife bear her own share of the burdens of life, and, by so doing, strengthen and develop her own character, instead of wishing to shift them on her husband's shoulders, so that she may float lazily, like thistledown through the air—and as uselessly - while he bears the burdens and heat of the day unaided by her? If she is able and willing to

go hand in hand with him, doing cheerfully her full share, using the strength God gives—knowing that the unused talents rust—and by her love and sympathy aiding and strengthening him, why—*why* should he love and respect her less, or think her labor unfeminine? Why not love, honor and admire her infinitely more for such efficiency?

Many wives, loving and honoring their husbands devotedly, and estimating their mental powers through the exaggeration and extravagance of love, perhaps, in the spirit of self-sacrifice, will assume burdens far beyond their strength; but not because they do not acknowledge "the *broader shoulders*, *larger courage* and *greater strength*" of their liege lords. Is it not rather through an excess of honor and reverence, a love that makes all burdens a pleasure, that bears the wife up, superior to pains and weakness, or death itself, if by devotion they may relieve the honored head of their kingdom from any care or responsibility that impedes his mental or intellectual efforts? Why, if conscious of that kind of executive force—the head and hand power which is necessary to make their home comfortable—should not the wife gladly accept that part of the labor—"burdens," if any choose so to call it—which will most conduce to the highest welfare of the household?

A good husband would, doubtless, be well pleased when asked to render any service that will be helpful to his wife, and to volunteer it at all times if he had no other responsibility or aim in life. But if worthy a true woman's devotion, he should find something nobler before him than to make his wife a wax doll, compelling the winds of heaven to touch her lightly. If he owes no service to the world, no allegiance to his Maker, that demands the best use of all his faculties to be actively employed for the improvement of mankind, he should at least avoid teaching his wife to exact service from him which she is adundantly able to perform herself. A man whose "highest pleasure" is to bear his wife's burdens (we should call them duties) is acting selfishly. To secure this highest pleasure he is making the woman whom God has given him weak, inefficient and childishly selfish; is dwarfing half of her life, and causing her to bury talents, for which she will be called to give a strict account. It is not manly, it is not the highest type of love, for any man to

do this. It is weak, babyish, wicked, for a wife to allow her husband to indulge her to her own spoiling. It is cruel for a man to exact overwork and hardship from his wife, as is often the case among the laboring classes, and allow her to give her life for his service, without even the recompense of appreciation of her efforts; but in the wealthy literary and intellectual strata of society the error is entirely different, but equally, if not far more injurious. Over-indulgence breaks down character, even more than a rigorous, exacting rule. The latter weakens the body; the former enervates the character and destroys all mental strength. True conjugal happiness is found not in taking burdens from one to cumber the other, but in *united* efforts.

In the highest, holiest type of wifely-love, there is always a large proportion of *mother-love;* that kind which finds deeper pleasure in watching over, shielding, guarding, warding off trouble from him in whom is centered a woman's holiest affection, than in being watched over and shielded herself. To spend and be spent for him is her chief joy. To watch and nurse is woman's holiest work; not to be pampered, petted and kept from care and responsibility until she becomes the most useless thing on earth—a helpless baby in a woman's form.

The best of men seldom comprehend or interpret the full value of a wife's devotion; nor do they understand that it is not so much being waited upon, looked after, relieved from all responsibility that will increase her happiness, as being spoken to tenderly; appreciated, honored, loved. Some men rule, govern, control their wives in every movement—and call it love. They feel that she can have no individual taste or wishes, but thwart her in all that gives her free volition or independent action, and disregard her rights in those things that are hardest to give up, and expect her to see that it is all for love. When the pressure bears too heavily she may retort, be angry, grieve; but ah! how much it takes to loosen the tie, to lessen her care and watchfulness over his comfort and interest, to cool the love, or change it to formal duty or indifference! For the wife to help herself, to be united with her husband, to labor with him, each doing respectively that portion of the whole for which God has respectively fitted them, but always unitedly—this is true

union, true marriage, the true rendering of the command, "Bear ye one another's burdens, and so fulfill the law of Christ."

It is unwise for man or woman to attempt to bear burdens that are too heavy; but there are circumstances under which a wife frequently seems compelled to do so. If the husband's business takes him much from home, or if he is in feeble health and unable to bear his own burdens, she will, at any risk to herself, as far as lies in her power, assume his cares and her own also, and thus bear double burdens. In those cases where a wife's tenderness is blended with a mother's brooding love, when children are given, they do not eclipse in the slightest degree that care and love that were before lavished on the husband; but they increase the devotion. Should sickness or danger threaten both at the same time, there is scarcely a limit to the care she will give to each; but let the time come when, by superhuman exertion, she can save *one*, and *only* one, but can no longer divide the care, will she abandon the husband to save the child, although the *child* is part of her own life? *No!* NO! NO!

WINDOW-GARDENING.

Nothing can give more comfort, with little expense, than a few flowers in the window during the cold, often cheerless, days of our Northern winters, and they give pleasure to those passing by, as well as to the possessor. But every window-gardener wishes something prettier to hold the plants than the common flower-pot. A little time and skill will suffice to make even these coarse earthen-pots ornamental. Give them a coat of paint—either black, brown, green or red, as best pleases the fancy; or, for a variety, paint a few of each color. If you have any skill in painting—and many of our young girls have enough to draw and paint roughly, a flower, bird or vine may be painted over the plain surface—after the first coat is hardened; or, if there is neither time nor skill equal to this, landscapes, flowers, birds or animals, or colored or plain engravings, carefully cut out, and neatly pasted on, will have a pleasing effect.

Articles of furniture may be made very pretty in the same way. First give the article the foundation color. While that is drying, prepare a smooth paste of wheat or rice-flour—the latter is better. Be sure and dissolve some gum tragacanth, half an ounce to three pints of paste, and stir into the paste. The gum makes the paste so adhesive that there is little danger that any thing pasted with it will drop off. Select appropriate pictures, and arrange on a table in the order in which you wish to put them; a pretty border of delicate vines, or a Grecian border; a landscape, or tree, or stork in among bulrushes or tropical leaves, or a deer for the center, and some choice flower or autumn leaf in the corners of a table, and neat designs in the panels of other furniture, with or without borders or corner-pieces. Consult good taste and neatness, not garishness, in the selections; and those not able to buy rich furniture, and without skill to paint, may adorn their rooms in an attractive manner with very little expense, and, by snatching a moment now and then, without waste of time. No painting will last so long without flaw or defacement as pictures put on with such paste, and well varnished with such varnish as furniture-dealers use on delicate colors. Up among the hills of good old Massachusetts there is a table, etc., which we prepared "for a play-house" more than fifty years ago, in as good condition, as far as the pictures are concerned, as it was when first prepared.

We have heard much of late of the ease with which lovers of the beautiful pond-lily can cultivate it, so as to have a lily-garden nearer home than the lakes or ponds from which they are usually brought. The "American Cultivator" recently gave directions for this attractive addition to the flower-garden.

The roots can be procured in the fall, and kept damp all winter in flower-pots, but they can also be got in the spring when the garden is made. Then saw a strong barrel in two, making two good tubs. Paint them green. Lay some bricks for a stand for these tubs, or, better, sink them a little way in the garden where they are to remain. Fill them one-third full of a mixture of sand, well-rotted manure and garden soil. Set the roots in this mixture, adding small quantities of water every day or two, but put in the water as gently as possible, so as not to disturb the earth, until the

tub is filled. Very soon the pretty, round leaves, four or five inches in diameter, shoot up from their bed under the water, covering the top of the tub with the delicate green. Water must be added to supply the loss from evaporation, and it will not be long after the leaves appear before this most lovely of white blossoms will rejoice the eye.

When cold weather approaches again, in the fall, the water must be allowed to dry off almost entirely, and the tub, with its contents, should be placed in the cellar, being watered at long intervals through the winter. After the first year, the second spring, the tub is emptied, the roots separated, a fresh mixture of garden soil, sand and well-rotted manure put into the tub, filling it one-third full, and about half the increase of roots placed in it, and managed as before. The remainder of the roots can be placed in other tubs. The second year they will spring up earlier, and blossom more profusely than the first. The blossoms open early in the morning and close at night, as is their habit in their native ponds.

THE GUEST-CHAMBER.

In olden times it was necessary to set apart the best room in the house for the "guest-chamber." It was thought necessary to furnish it more elaborately than any other, and, by so doing, show respect and affection for the guests who occasionally occupied it. We think this a mistake, and are well pleased to see that housekeepers are learning that while they are careful to make the room as pleasant, inviting and home-like as their means will allow, the comfort and convenience of the home—of the family—should not be curtailed or encroached upon. A guest should receive every kind attention, and find the guest-chamber sufficiently inviting to give the impression that he is surrounded with kindness and thoughtful care. All this can be done without selecting the largest and most commodious apartment in the house. Except in a public man's house, or one whose position gives him very little of the home rest

and privacy that all crave, there is not the least necessity of making a revolution—an entire change in the regular routine of home life—when a guest is in the house. Certainly not to so disarrange and break up the usual family home-life, that children will be in danger of looking upon a guest as an affliction, rather than a pleasure. Children thus defrauded will not be likely to be hospitable or courteous when they arrive at mature age and have homes of their own.

The chambers most used, and, next to the family sitting-room, most necessary to the comfort and happiness of the family to whom the house is to be the home, and not a mere transient stopping-place for guests, should be the best ventilated, the largest and most convenient of any in the house. The mother's-chamber and the nursery—if there must be two apartments they should be separated only by a door, that the mother shall always find quick and easy access to it at all hours—ought to be chosen with reference to the health and enjoyment of those who, for years, will probably occupy them.

The "spare-room" or guest-chamber is far less important; for, however honored and beloved, our guests are but temporary occupants of our rooms. We shall, of course, while they are with us, give them every attention, and as much time as family cares will permit, and, by a courteous and affectionate manner, manifest our pleasure in their presence and society. But to the permanent inmates the house should be a resting-place from hard labor—a refuge from outside care to the older members of the family. To make it such, the mistress of the house has a daily routine of duties which might be too burdensome if not brightened by cheerful, pleasant surroundings. Thus, for reasons having a bearing on every member of the household, it certainly is desirable that more thought, care and expense be given to secure a pleasant outlook, a thorough ventilation, and attractive as well as convenient furniture for each of the family rooms than for the one reserved for guests, who can, of necessity, remain but a short time.

It is with no idea of encouraging selfishness that we have thus replied to the inquiries that have been sent us. There are times when so many guests are in the house, that one room will not

suffice. There are times when one is liable to, expects, and enjoys large gatherings, and children should be taught to be ready, eager, to contribute some part of their own individual rights to the cordial entertainment of friends during these reunions. If not too frequent, so as to keep the family in perpetual unrest and confusion, it is a source of amusement, and causes much sport and real enjoyment, when, in family council, all meet to discuss how they can contrive to stretch the house and re-arrange the furniture so that twenty people can be comfortably accommodated, where eight or ten usually think they have only sufficient room.

For a short time these efforts are not burdensome, where each member of the family lends a helping hand. It is like a picnic. Every child, from its earliest years, should be taught to find a pleasure in giving up rights, whims and fancies connected with its own apartments, to accommodate others. This is an easy lesson when it is understood to be only a temporary thing. Then, when the pressure abates, and each returns to his own room, they will better appreciate the care and affection which so tenderly arranged the apartments with reference to the peculiar taste and comfort of each member of the family.

It is painful if, instead of this effort to make each room a thing of beauty, designed to satisfy the special fancy of the one who is to occupy it, no thought is bestowed on beautifying or adorning each apartment, or filling them, as far as able, with objects that will unite grace and beauty with usefulness for the family's every-day use. We have often heard, "Oh, this is good enough, just for our own family." But on the guest-chamber enough will have been expended to compel pinching in every thing that belongs to home and family comforts, just for the ostentatious display of hospitality! Where there is such contrasts between furnishing the family apartments and the "spare-room," it will be found that it runs through every thing connected with the home-life. The commonest kind of delf, odd bits of broken or defaced china, every variety of mismated cups and saucers, and food of the cheapest articles and poorest quality, prepared most carelessly, exhibit the same unwise disregard for simply family comfort. But let any company appear, and cut-glass and fine china adorn the table, which will be loaded

with delicacies, over which the utmost skill in cooking has been expended.

This is all wrong. Home should be *first*, company of *secondary* importance, if necessary to show any difference. Let your family have the best that can be reasonably afforded, and cordially welcome your friends to share the good and pleasant things with you. Your children will not love home and prefer its society to all others, if they learn that all the good and pleasant and beautiful things are only to be used for visitors. One has no right to hope that the children will have good manners, or be refined, if they see only the coarsest of every thing when alone with their parents and the family, but are called upon, when company appears, to put on company manners, just for the occasion. Love of home will grow cold, refinement will be a farce, and good manners will rust and become bashfulness and awkwardness, or sullen disrespect, if only called into use on state occasions. Constant and daily use will keep all these choice qualities brightened, and develop a natural, graceful exhibition of them, when they are taught that it is what should be always expected. When this attention and courtesy is shown to father and mother, sister and brother, daily, they become a second nature.

But we have wandered from the guest-chamber. Because we urge that the family should have the best, we would not be understood to mean that the room friends may occupy has no claim on the housekeeper's attention; only that it should not be paramount to all others. Bestow such care and taste in furnishing it as the condition of the family purse will justify. Aside from that, there are things that should never be neglected, either in the family's rooms or the guest-chamber.

The bed should be as comfortable as possible, and always scrupulously clean. If only used for one night, and by only one person, the linen must be changed for every new-comer. A white spread, even if not of the best and heaviest quality, is always desirable for any bed. An extra blanket, neatly folded and laid across the foot of the bed, is almost indispensable, unless there is a closet in the room; then it will be protected from the dust if laid there, and the occupant of the room shown where to find it. A

low, easy-chair, or rocker, is needed; for a lady friend may bring a young child with her, who is accustomed to be quieted by rocking. A lounge, and one or two low, easy-chairs are desirable in furnishing a chamber; but be careful that no bed-chamber is overcrowded with furniture.

A table with a drawer, or a small, neat writing-desk, with ink-stand, pens, paper, envelopes, are most convenient additions to any chamber; and friends, who often come without much preparation, would look upon such conveniences, ready at hand, as a most kindly attention. They are among the little things that make a guest-chamber home-like.

A brush, hair-brush, comb, pin-cushion and shoe-buttoner are needed in every chamber, and the spare room is no exception to this rule. One or two drawers in the bureau should be empty—for guests. The comb and brush in every room should be washed every week. A few drops of ammonia, put into a little weak suds, will perfectly cleanse a brush; then rinse well and hang up by a string to dry.

For a wash-stand, good soap, plenty of towels and a nail-brush are needed; the water-pitcher full of fresh water. A water-bottle is better for drinking-water in a chamber than a pitcher, as water left exposed to the air in a sleeping-room becomes impure and unhealthy. A match-box well filled is a most important article in every room; and a scrap-basket or cornucopia is needed, into which hair from the comb and burnt matches may be put, and should be emptied in the morning when slops are removed.

Of course there are many rich and rare articles which help to beautify, not only the family apartments, but that set apart for visitors, which we have not alluded to. Those specified are all most convenient, and some quite necessary, for *all sleeping-rooms*, and can be provided without great expense, and many made by home ingenuity. In closing, permit us to say, embellish the guest-chamber to any extent that correct taste and your circumstances will permit—only do not defraud the home circle to accomplish it.

PARENTAL DUTIES.

Careful attention to the manners and behavior of children is among the most important parental duties; because so much of the comfort and happiness of a family and of friends depends upon the deportment of the younger members. Only the most gentle firmness will restrain and guide without making the teaching galling and a bondage that leads to deceit.

Respectful demeanor to elders, loving attention to the wishes of the parents, the thousand small courtesies that are claimed for superiors—extended to their young associates and to the servants, which can only come as the result of careful parental guidance, are much less strictly attended to, among a large proportion of families, than is desirable. This neglect, so annoying to all who are compelled to endure or witness it, is most injurious to the young.

The beginning of the evil can be traced to the fact that parents and teachers seldom realize that they are under any obligations to treat children politely. If our children do not see us practice the politeness which we inculcate, why should they believe our precepts are of any great importance? Children have as strong claims for civil, polite attention as their elders have. Such gentle courtesy as we show to our friends, or are expected to, if extended to the children, will not interfere with the respect, deference or obedience to parental authority which is desirable and should be secured. Parents and teachers, on the contrary, will find an ample reward, if they teach children good manners by their own example as well as by precept.

Elegant or polished manners are most desirable. It is not easy to define, exactly, what the term "good manners" means. There was never any book which defined it so that one term comprehended the whole. But with all, educated or uneducated, who really possess this good thing, it is very easily recognized. Many who have never read a page on etiquette, and know not one of the rules that are expected to be the "open sesame" into the "best society," are beautiful examples of a wise mother's training. We

do not pretend to describe it, but there is an indefinable, indescribable something by which one can usually recognize a true gentleman or lady. "Blue blood," or being born "under the purple," does not insure it. We think it is the result of early training—a mother's handiwork.

We see many children who act as if they thought it of no consequence how they behave at home. They talk loud, are boisterous when they enter a room, race up and down stairs, and call with loud voices from one story to another, slamming every door after them, until the noise is like the report of a cannon, regardless of the great annoyance and discomfort they inflict upon all in the house. A visitor at a house where such behavior in children is tolerated, would scarcely recognize them if he met them away from home—they can then be so quiet and unobtrusive. But that is not being refined and polished. True politeness and good manners can not be taken on or put off at pleasure. They must be home-made, instilled into the minds of the children from the cradle, to be the pure article. But if it is not—to be sure, even a spurious article is better than none. At least it will be some relief to those who must witness the boorishness of their home manners.

Now, if parents can teach their children that they must not enter a friend's house and throw off hats, cloaks or rubbers anywhere—on the floor, on chairs, sofas, etc., instead of putting them in their appropriate places; that they must not rush noisily about, talking loudly, or calling from one end of the room to the other; that they must be respectful and deferential to all, when visiting, they surely can teach them that rude conduct at home is offensive and reprehensible to the last degree, and in nowise to be tolerated. Parents can train their children to be polite at home, as well as abroad, and they are guilty of a great wrong if they do not accomplish it.

Well-bred persons—young or old—will respect the taste, comfort and pleasure of others, and be quite as solicitous of securing it as their own. They will be ashamed to allow any habit that would offend the taste or delicacy of any one to have control over them. They are watchful to use no annoying expressions, to guard or overcome any propensity that will make another uncomfortable, such as sharp words, sarcasm or repartees that give pain, and many

other little but troublesome habits. A well-bred person will not indulge in any thing of this kind at home or abroad, when there is danger of giving offense to any member of the family, or friend, who is fastidious and likely to be hurt by it. In fact, no book or code for good manners has ever been written that is so safe to follow as the Bible. At home and among friends or strangers good manners are simply those actions which spring from that spirit that "suffereth long and is kind," which "envieth not; vaunteth not itself; is not puffed up; doth not behave itself unseemly; seeketh not her own; is not easily provoked; thinketh no evil." If parents will so teach their children, they will not only add to their own comfort a thousand-fold, while the little ones are maturing, but will prepare them to go out from their home, when they arrive at man's and woman's estate, useful and respected members of society, blessing and being blessed by all.

SEARCHING FOR KNOWLEDGE.

Among the many requests for information on various subjects, it is gratifying to note indications of a growing desire to understand correctly and minutely the origin or mode of manufacture of the many articles in general every-day use. So great a variety of things are constantly before the eye that they are regarded as "a matter of course," and few stop to inquire how they originated—from what made, how cultivated, and in what way they can be made more useful or profitable, or how they can be so improved as to quadruple the usual market value.

We propose here to attempt to answer a few inquiries, not elaborately, but as simply as the subject will permit:

"Has paper, until within a few years, been manufactured from any other materials than cotton, old paper and rags?"

Yes. The substances used to make paper, for centuries, are innumerable. Egypt claims the honor of the first attempt to prepare material upon which to express ideas. Papyrus, a kind of

reed whose stems made their first growth under the marshy banks of Abyssinian, Syrian and Sicilian rivers, was the material from which the first paper was made. The reed, from which paper takes its name, was in early periods abundant on the banks of the Nile; but in later years it is no longer found there. Botanists are of the opinion that it must have been brought from Abyssinia, Syria or Sicily, but, for want of proper care and culture, has gradually disappeared from Egypt.

The papyrus has numerous roots, and stocks forming in the wet, muddy marshes of its native rivers, spreads rapidly, and the lower parts of the stalk, being blanched under the mud, are less tough and woody than those portions that shoot upward, and therefore more easily made into parchment or paper. The long, smooth, triangular stalks shoot up from their muddy beds from five to six feet high. The upper part of the stem is quite bare, and the flowers spring out from the top like a large feathery brush. They are very pretty and peculiar. Near and under the mud the layers of outer bark are thin skins or films. These are taken out, laid side by side so that the edges overlap a little way, just far enough to hold the straps together, and are then made to adhere permanently, as if glued, by a heavy pressure, and thus become paper, thicker or thinner in proportion to the number of layers that are laid one top of the other. The Egyptian papyrus was a government monopoly, and its culture restricted to certain classes. The finest of the layers, or pith, was used for the best paper. There was quite a large number of those which grew thicker and coarser as they came toward the surface. The coarser layers were used for sacks, mats, cloth cordage and sandals for the priests, and many other things.

The ancient Mexicans use the American aloes or maguey plant, which grows on the table-lands of that country, to make all grades of paper. It matures from ten to seventy years, according to the climate. This is what we are accustomed to call "century plant."

The Chinese were the first to make paper from vegetable fiber. They were not confined to one plant, but used the inner bark of a variety of trees—the bamboo, elm, maple, linden, beech, etc. Thus, rice-paper is made from a plant which they cut into thin slices spirally, spread out, and then compress into sheets of paper, often

a foot in length and five or six inches wide. The pith which they take from the trees they reduce to pulp by beating, and subject to various other processes and manipulations. They also use rice-straw and other straws, silk, cotton and rags. The Japanese exhibited, in 1867, in Paris, at the Universal Exhibition, beautiful paper made from the bark of the paper mulberry-tree. The Chinese are not thought a proper race to live under the American flag, and breathe the air of a country whose boast is that it is "free to all," but they shame our arrogance, by their ability to economize and utilize productions which may be going to waste, because "eyes have we, yet see not" the wonderful bounties and means for comfort which God has scattered around us, nor the skill, from seeming worthlessness, to force into light some of the most useful and important blessings our beautiful world stands ready to yield. To these despised Chinese we probably owe the invention of paper—one of the most important ever made—the source of quite as much comfort, pleasure, usefulness and culture as any other invention.

Time fails to mention half the materials from which paper has been made, and most of them of a character the least likely to be made valuable—asparagus, artichokes, aspen, bean-vines, bulrushes, ferns, firs, hemp, hop vines, potato-vines, thistles, and—who can believe it?—tobacco!

But the articles now in most general use are cotton and linen rags. These stand first. Then comes waste paper, again reduced to pulp, and re-made into paper; straw, cane, jute and manilla take the third and fourth grade; wood is often used in the cheaper grades of paper, especially the newspapers. Within a short time experiments have been made in Florida on the palmetto, and with such good results that we learn that they are encouraged to build manufactories for the purpose of converting the beautiful palmetto into paper.

CARAFE, OR WATER-PITCHER.

When windows and doors are closed, and several persons are sitting in one room, the air soon becomes close and impure from the gases that fill an apartment from the breath of those in it. Set a pitcher of water, uncovered, in the room, and in a few hours it

will absorb all the noxious gases in the room; the air will become purer, but the water will be filthy and poisonous, and should be thrown out and fresh water put in its place. The colder the water, the more gas will it absorb.

Water from a pump or water-pipes should never be used until the pump or pipe is well freed from the water standing in it. Cooks and waiters should be instructed on this point, and never be permitted to use the water, even for cooking purposes, until it is allowed to run long enough to clear the pipes from the water in them.

A SINFUL WASTE OF TIME.

A friend inquires if it is not "a sinful waste of time to give so much attention to mending and repairing, by those who can afford to buy new garments, when the poor besiege our doors daily with scarce sufficient clothing to protect them from freezing? Would it not be wiser—certainly more Christian—if ladies would give their half-worn garments to such applicants, instead of spending hours in repairing and remodeling them for their own use?"

No. We think not. Reflect a moment. Notice these ragged applicants for assistance more carefully. How many, in every fifty that beg for help, give any evidence that they have ever spent a moment in attempts to repair the rags that barely cover them? Would they be so ragged if they had? They may be beggars because every other resource has failed them; every effort to find employment by which they could help themselves and families may have proved fruitless. They may be desperately poor, but they need not be ragged or dirty. Water can be obtained by the poorest to keep their garments scrupulously clean; and if needle and thread were needed for repairs, any one would cheerfully give them. But who that has heard repeated almost hourly the set form of begging, "A widow with three, six, eight or ten small children," or husband "gone off," "not a mouthful to eat," and so on to the end of the

beggar's list of wants, who has ever heard them beg for needle and thread to repair their poor clothes? If such a request was ever made, it is impossible to imagine that it was refused. When we see rags and filth, it is not uncharitable at once to conclude that indolence, aversion to the use of water, lack of attention to the small slits and holes—has done more than neglectful, improvident husbands to make the owner a beggar. Such persons do not reflect that "a stitch in time may not only save nine" additional stitches, but that a timely repair will go far toward saving the whole garment from utter ruin, and the wearer from the disgrace of rags.

How long would a lady's second-hand garments last, if given to this improvident, reckless class? Usually made of fine materials that were not designed to stand hard, rough usage, how many days would the recipient of such injudicious charity wear a dress before she would have it holes and tatters from top to bottom, until it would be past repairing? Whereas, a lady's neat and tasteful remodeling would make the garment becoming, beautiful and serviceable for a long time. No! Give to such characters the strongest material that can be spared from your morning wardrobe, if so situated that it is necessary to take an active part in household affairs, and to perform work that requires strong, serviceable material—or buy and make up, if you can, what you feel inclined to bestow; but do not waste fabrics which you can use effectively, but which they would destroy before it could do them any great service. Those of our benevolent institutions, sewing societies, etc., are the wisest who solicit from merchants and friends strong, stout goods, and have them made up for use, instead of soliciting "cast-off" clothing of the better sort, which is of little service unless to fill boxes for missionaries' families. There—finer materials may be used to great advantage, and even prove a blessing to many refined souls.

Would the time spent in patching and darning be more wasted than that given by thousands of our genteel ladies, to crocheting and embroidering objects, unlike aught in heaven above, the earth beneath or the waters under the earth?

We do not intend to speak lightly, or to ridicule the manufacture of many kinds of really elegant fancy articles and adornments that

are the results of woman's skill; but should disaster come, and any of us be compelled to "rise up early and sit up late, and eat the bread of carefulness," to plan, turn and contrive, using all the skill we possess to convert old things into neat and comfortable garments, "almost as good as new," how thankful one should be who, in younger and more prosperous days, had been educated to give such attention to the care of their clothes that they are able to carry into altered circumstances a power to bring some light out of darkness!

If one understands how to renovate and remodel, there is far more genuine pleasure in using that knowledge to construct new out of old, than can be gained in going from store to store, constantly searching for something new, and shopping on the most extravagant scale. To walk into a store with money in plenty, no need to count the cost, but to buy without stint whatever for the moment strikes the fancy, or the eye covets, to send the material to one of Worth's pupils, have it made and brought home with no effort or care, save strict injunctions to have it in the latest style, is tame enjoyment, compared with contriving a dress from a scant pattern, or from odd bits and ends. We weary of that which costs no toil or thought. The charm of possession soon vanishes, and we seek for something new.

Parents who have the best interests of their daughters near their hearts, will teach them that kind of care and economy that will be invaluable under all circumstances; for none of us can foresee what is in store for our children; and if our daughters' lots are cast where they can not be as lavishly supplied as when in their parents' houses, when on them will rest the responsibility of making "a little stretch a great ways," then how vividly will they recall their early teachings, and realize how much of their happiness and success in their position as wives and mothers depend on what their early teaching was!

Many, in the years of scarcity which they never thought possible, remember how often their impatience was met by their mother's gentle reproof, "It will do you no harm, daughter, to know how to do this work, and some time you may be deeply grateful that I have made it one part of your education."

SKILLFUL NURSING.

It is desirable that mothers should truly estimate the importance of educating their daughters to a thorough knowledge and skill in all home accomplishments. But while endeavoring faithfully to perform this duty to their girls, let them not forget that good nursing and delicate care for the sick and feeble is one of the most important duties, to be incorporated intimately with the whole routine of domestic knowledge and home duties. The gentle attentions and unwearying patience so necessary to nurse the invalid back to health and strength in the gentlest, most unobtrusive manner, are too little thought of; yet courageous and effectual effort is among the lessons that a mother should begin early to teach her daughters. A little girl with quick sensibilities and sympathy for suffering, will lay these lessons to heart, and weave them in with growing knowledge much sooner than if the rudiments were not unfolded before her until she had seen more of the pleasures of life, through society, and her interest in individual sufferings had not been brought into action while her heart was more tender and unselfish.

It is true that some have no natural skill or sympathy with this part of a woman's duty, and will probably never make great attainments in this line. But all the more reason that, by early training and unwearied, patient drilling, daughters should so far understand the principles of good nursing that the sick who may be thrown into their care, when they are mistresses of families, shall not absolutely suffer from neglect and ignorance, or go through the slow starvation that must be their doom, if surrounded by those who are heartless through ignorance of the simplest rules of nursing.

We once heard an old lady say that "true economy was a gift of God." However that may be, it does seem that the true art of caring for the sick and feeble is an unmistakable talent—God-given. One can easily tell if persons have the instinctive talent for nursing by seeing them for a few moments in a sick-room, or by the side of one just entering the convalescent stage. It is torture, partciularly

to one much reduced by long illness—weak and almost childish through great exhaustion—to have a certain class of persons near them. The rustle of a silk dress—which should never be heard in the sick-room anyhow—is to one very weak almost unendurable. Loud talking, sympathy expressed in an off-hand way, because the caller thinks it the proper thing to do, but which has no heart in it, and a long list of inquiries, rapidly uttered, with no pause between for an answer: "What's the matter? What does the doctor say? Have you any appetite? What could you relish most—a little soup? some broth? a good bit of hot steak?" etc.—all this rattled off in a way that irritates and rasps the nerves like the filing of a saw.

With transient callers one can bear it, because such calls are not often long. But if this were the usual tone every day, from those on whose care the sick person is thrown, it would be intolerable. However, there is a drop of comfort and some compensation in every dark corner. Usually those who have no sympathy with the sick, or talent for nursing them, are not often tempted to enter the room.

Yet there are those who, when with the sick, appear instinctively to understand just what to do or say. We know a little girl who is a natural-born nurse, and who will sadly change, or our judgment be proven greatly at fault, if, when she arrives at womanhood, she is not always a good angel in any sick-room into which she may be called to enter. We have seen her step softly to the side of one just emerging from severe illness, lay her little hand on the fevered brow, hold the hot hand a few moments, then quietly wet her nice little handkerchief, and, without one word, bathe the hot face and hands as softly and gently as if soothed by a fairy's touch. Finding the heat subside a little, which she seemed quick to notice—still no word spoken but the thanks of the patient—she softly leaves the room, to return with a tiny glass of ice-cold lemonade, and smilingly offers it to the parched lips. Time and time again we have had the opportunity of watching this little ministering spirit in her quiet work, and felt she would grow up to be a source of great comfort to many.

One of the most important things to bear in mind, when minis-

tering to the sick, is to ask as few questions as possible. Let judgment, instinct and close observation tell if sponging the head and hands will be a comfort, and, if needed, do it without asking a question, and do it gently and noiselessly. Turn the pillow on which the head lies, or which may support it in the back of the chair, or put a fresh, cool one in its place while the one removed is airing, but do it so softly and with such tender touch that the patient is not disturbed. None but those who have suffered for the lack of such grateful, unobtrusive attentions can realize their value and comfort.

Let one with no knowledge of how to act come in and attempt these kind offices, and mark the difference. With a loud voice and rapid movements, "Here, let's change your pillow—your head will be cooler. Raise your head while I remove it, and give it a good shaking up;" and with energy sufficient to knead a batch of bread, the kindly but too boisterous friend pulls out the pillow with a jerk that sets the head throbbing, and with much noise and rapid motion beats and shakes the pillow, and as roughly pushes it, freshened and cooled, to be sure, behind the drooping head, with a vehemence altogether out of place in the sick-room. If one could note the sufferer's pulse before this "mighty rushing wind" swept into the room, and compare it with what it will be after the pillow is twitched out, and this energetic shaking up has been accomplished, and the victim is permitted to lay the head back in peace, she would readily comprehend the importance of quiet, gentle ways in a sick-room.

The next important step is to find food absolutely necessary to a healthy convalescence after a long and prostrating illness. That is just the time when the nurse's skill and ingenuity will be taxed to the utmost. Never try to coax the appetite by asking the patient what is wanted. Bring in some dainty unexpectedly. If on first trial it is not satisfactory, say nothing; do not look or feel disappointed; quietly remove the dish from sight, and then try again, preparing something entirely different, until at last you hit on that which pleases the eye, and which the stomach will retain without any nausea. Then there is an important step taken which tends toward rapid and healthy recovery.

Never ask the sick, "What would you like?" The stomach revolts the moment the patient is called upon to think about food, no matter how dainty the article may be over which the mind ponders while it is being prepared. Thought at once runs wild. "Now what will they make it from? Will the utensils in which they make it be perfectly clean? Which of them all will be appointed to make it?" All the weak, unbalanced fancies that great exhaustion sets loose are holding a wild carnival. When, after too long protracted waiting, a dish which might tempt an epicure stands before them, it becomes at once an abomination to the sick fancy, and the exhausted sufferer, who would fain show pleasure at the kind intent, is compelled to turn from it. The throat shuts up tightly, and could more readily swallow the most nauseous medicine than that which has been set before them.

No professional nurse can, for a moment, be compared with the mistress of the family, who has catered for the pleasure of her flock for years, and knows each individual taste and peculiarity. Taking counsel with the physician, and learning what will be harmless, in case the patient fancies it, she will with her own hands, if at all efficient, prepare some dainty form of nourishment, or superintend its being prepared, watching carefully that nothing is scorched; always remembering a little more sugar or salt can easily be added by the patient if not quite enough; but if too salt or too sweet for the weak stomach, love's labor is lost and the invalid suffers. When neatly prepared, choose the prettiest bowl or cup, cover a small waiter with a snowy napkin, and quietly bring it to the patient. Sit down, and gently ask if the repast seems pleasant and can be tasted without any disturbance.

But suppose this proves a failure? Don't be irritated or impatient, but cheerfully, after a short time, try something simple, but entirely dissimilar, and offer that. It will not be long, if patient and quiet, before the very thing will be found.

Until similarly situated, none can fully realize the horrors of convalescence, unless some good angel, with placid brow and smiling lips, stands by the side ready at the right moment to step down and trouble the waters continually, until the right spring is touched that will send healing and strength through the languid veins.

MARCH, APRIL AND MAY.

From time immemorial it has been customary to rail against March, and all the annoyances that are supposed to come with that month. Usually there is much cause for criticism. Surly, cross, uncertain, blustering and disagreeable to the last degree, are some of the comments that are heard when that month of ill-repute is mentioned. Housekeepers are warned of the necessity for increased vigilance in their efforts to prevent the mischiefs that are apt to accompany the frowns, the raw winds, or blinding snows of March. If now and then the morning dawns with bright sun and mild and gentle breezes, the cry is, "Don't trust it; it is fooling you." Its smiles are deceitful and soon lost in frowns, and the warm sunlight is soon lost in fierce winds, or cutting, drifting snows.

There is no house, however well protected, into which these winds and storms will not force an entrance; therefore it behooves the careful housewife to be vigilant, and keep dusters, brushes and brooms close at hand and in good working order. If the dust is allowed to settle and remain undisturbed for twenty-four hours even, it will use up threefold the amount of time to dislodge it that would have been needed if the dusting had been repeated several times during the day. We allude more especially to those rooms in constant, daily use. If allowed to remain through the day in order to save present time, it soils the hands, dims the freshness and cleanliness of the dresses, spoils book sand pictures, finds lodgment in sculptured marble or carved work, settles in every plait of the upholstery work on the furniture, and will be found in every fold of the delicate lace curtains. To be sure, repeated dusting and brushing in one day does take much more time for a day or two, or while the violent winds continue, than to dust carefully every morning and settle in your mind that it will answer till the next morning. But when a housekeeper is content with this, and thinks she has economized time, does she ever bring into the account of profit and loss the hours it will take her in a month or two to shake and gently brush out the dusty curtains, whip and dig out the lint and dust

that is packed solid around every button, and in the fiber of the velvet, reps or satin of the furniture? How long will be the labor of blowing, scrubbing, brushing the marble mantels, the finely-carved statuary and pictures, when you attempt to remove the dust that has been allowed to settle and harden for weeks, because "it takes so much time to be constantly dusting?" Will it not occupy fourfold more time than would have been employed in dusting before it had time to harden? And after all the long process and fatigue, each article will be defaced—*aged*—by the neglect, so that no amount of sponging, brushing and cleaning will restore the beauty that might have been preserved fresh and comforting for years by a little extra care.

If there was no other reason for patient continuance in well-doing—in spite of discouragement and the daily renewal of conflict—the lasting injury done to furniture, carpets and works of art should be sufficient. The evil effects on carpets alone should settle the question. The sharp grains of dust sink into the meshes and threads of the carpets, and the friction of walking on them, unless often removed, wears out the material in one of these windy months more than in any other two months of the year.

During these windy days a good beating two or three times a week with a carpet *whip* is of great service to dislodge dust from chairs, sofas, table-covers, mattresses, etc., but should be followed by a feather-duster over all, and the use of an old silk handkerchief for polished or highly varnished furniture.

Windows are not easily kept clean at this season of the year. If there is rain or snow, they are soon followed by high winds, which dry the streets and soon cover the wet windows with a storm of dust, settling into the moldings and around the sash to such a degree that much time and hard labor are required to remove it and polish the glass. It is a wise thing to do, when windows are so quickly defaced and made dull by the clouds of dust constantly in motion, to wet a clean, soft cloth with alcohol and cleanse them in that way. It is much quicker, cleans the glass thoroughly, gives a brighter polish than water can, and, by its speedy evaporation, the dust has less chance to undo the work than when water is used. There is an objection to the use of alcohol on the ground of economy; but the work is so much more effective, and takes so much

less time that, during the windy season, if one can afford a little extra expense, we incline to think that it is not extravagant. It must be used with judgment; a very little will suffice.

At this season of the year it is peculiarly needful that all the ashes, especially in the furnace, should be removed every morning the first thing before any dusting is attempted. If allowed to accumulate in the cellar, a heavy wind will send them through the flues and registers to settle in carpets, furniture, etc., and do much more injury than dust, because the alkali in the ashes injures the colors and eats and destroys the texture.

It is a great trial to a methodical housekeeper to put off the washing a day or two, but during these windy months one is sometimes almost compelled to do it. We know it deranges the work planned for the rest of the week, and makes one feel unsettled, as if every thing was sadly out of joint; but unpleasant as are such innovations, in the end it is wiser to submit to the tyrannical caprices of this most arrogant season. To see all the clothes on the line blown into tatters, or the hems all fringed out, is worse than to defer the work and wait for a milder day. One day's snapping on the line, in a high windy day, would injure the clothes much more than weeks of wear.

Yet a brisk March or spring wind has its good points. If blankets, carriage-robes and heavy winter garments are put on the line in a high wind, they are too cumbersome to be whipped or injured by the gale as cotton and linen are; and this same whipping is a most excellent and effective mode of freeing such heavy articles from dust and moths.

LIVE AND LEARN.

As learning advances and becomes more common, knowledge of every description flows with greater freedom, and opportunities are opened to all classes for more extended intellectual improvement and closer critical investigation of every variety of topics.

So, while new theories are being constantly promulgated, intricate problems disentangled, dark places flooded with light, and faith in the old familiar landmarks grows faint under the bewildering discussions which lead toward marked changes, should not the ancient adage have another rendering, and "live and *un*-learn" be henceforth accepted as the "new revision?"

Great minds are constantly stumbling, in the most unexpected manner, over strange discoveries. All professions, by careful research and close study, strike some new vein, leading to results entirely different from those indorsed by the fathers. In old theories of medical lore, legal interpretations, or theological doctrines, supposed to have been long established on a basis past controversy or dispute, the eager student, by close observation and severe study, discovers, or thinks he does, an error, a flaw. This, once suspected, will be followed up relentlessly until the old beliefs are exploded, and others—fresher, and perhaps more reliable—are substituted. These new lights are placed as beacon-fires to guide the rising generation at least until *another* reformer, a newer and stronger light, steps from the ranks unsatisfied, and, searching for a better way, discovers a weak spot also in the guiding creed, after long and sometimes hot discusssion—which, in its turn, melts away and vanishes from sight, even though still to memory dear, and in its place still more advanced doctrines take the lead.

Now, let not our readers be misled, and look for a learned discussion on higher topics than we are accustomed to treat them to. In this parade of words into which we have been unconsciously led, it will be found that the mountain presents, as usual, the smallest kind of a mouse.

Nevertheless, if mighty men of intellectual valor in time discover that, after all their labor, their interpretations are something of a failure, explorers of a humbler order need not be surprised to find that progress in every department of life tends toward change, and usually to better ways of thinking and doing, than those they first adopted as most satisfactory; and if this progress often leads us to discard our own teaching and develop a better way, it should be a source of genuine pleasure and thankfulness.

It may seem a steep descent, in the estimation of many, to pass

from scientific or learned research to the simple economies of practical life, which are in the hands of the mistress of a household. But while we believe woman is capable ef entering any profession, after proper preparation, and can fill it creditably, we must still feel that the crowning glory of a woman's life is care for her children, and to stand in all honor and dignity the supreme mistress of her own household. If, aside from that, she is capable of filling other places of trust, without failing in any respect in the duties that belong to home rule, she is perfectly justified in accepting them. But the home scepter should never pass from her hands, or be delegated to another, till death removes it. If, through the influence of others, or her own folly and love of ease, she yields this, her light has gone out, her glory departed.

We fully believe in the wife's earnest endeavor, as far as God has seen fit to endow her, to keep so close with her husband in study and intellectual culture as to be a congenial helpmeet to him there, as well as in all home affairs. Unfortunately, the All-wise Father has not touched the lips of all women with that fire which gives the power to be constantly entertaining, or pleasant conversationists, or the faculty to reveal how much lies hidden beneath that painful timidity that makes them dumb. Such, if loving and full of tenderness, carry in their hearts a perpetual ache that none but God ever understands—for they know how sadly this great defect causes them to be misunderstood and poorly appreciated.

But there is seldom a sorrow that is not softened by such compensation. Such wives, if possessed of clear and sound executive abilities, and the power to look more to the comforts of home, can make themselves invaluable. While the husband pursues his scientific or professional labors, the wife has also a broad field for study in her attempts to substitute for the old tread-mill routine of household labor, a wiser and better mode, which will simplify labor, and make the lives of her employés less of a drudgery, and leave time for their mental improvement. If, by her wise government and helpful explanations, more and far better work is accomplished, she can not feel that she has lived in vain.

This is just what every honest-hearted, intelligent housekeeper should strive for daily; to free her mind without hesitation from a

bigoted faith in old ways, when newer ones can be proved better. Let her, by careful experiments, search for that which her reason shows may lighten labor, without diminishing comfort, even if, by so doing, she must discard some of her own most cherished theories.

Who can say that such investigations and experiments, well tried by a woman's practical hand, though in what is commonly thought to be a humbler sphere, may not prove as substantially beneficial, in the progress of time, as those experiments and researches which are rated as infinitely higher in value?

MALARIA.

Almost every year the community is roused by some form of sickness attended with symptoms not easily explained. Beginning, perhaps, in one family, apparently among the most robust, it passes on the others, and, in warm weather particularly, shows signs of assuming a malignant character. It has come so suddenly—without warning—that the people are, for a time, bewildered and make no pretense of finding a reason for this unlooked-for danger. Shaking off the stupor of the first surprise, each one begins to search for a reason why such trouble has befallen them. No two arrive at the same conclusion. The physicians of every school have their own peculiar theory, but every new explanation but increases the alarm. Bad sewerage, imperfect drains, neglected pipes, poorly ventilated rooms are among the most sensible theories; but whatever the theory, the general impression is, that the whole neighborhood is, in some mysterious way, poisoned and tending to destruction. They half believe that they can trace the evil to one single house from which the whole has spread; but until the cause is found past controversy they have no faith in any remedy for cure or protection from the epidemic that has come among them.

But whatever the sufferers or their neighbors may call the evil, physicians save their breath, if not their reputations as wise and safe counselors, by calling the trouble "malaria." This has a

somewhat dignified and learned sound, and each individual is at liberty to define the meaning in such way as is (to them) most satisfactory. It would not answer for the doctor to hesitate for a moment in giving it a *name*. It is not his fault if people fail to interpret the phrase as he does, or find the term vague, if not quite incomprehensible.

But what is "malaria?" From what source does it spring? or does it arrive from no one special cause, but through some peculiarity of atmosphere in the surrounding country, from neglected pipes or drains, or accumulation of filth that has lodged in sewers, or crept into cellars or dark closets, and never been promptly attended to? If so, no doubt the noxious gases have filled the air with impurity; and who can wonder if sickness and death is the result? These things are reasons quite strong enough to bring fatal results.

No doubt "malaria," under many forms, is bred from any one of these causes; still we have our own theory on the subject. While the final results may be the same—sickness and perhaps death—yet, in a very large proportion of cases, the sewerage drains or pipes are not half as often the first cause of trouble, as lack of vigilant supervision on the part of many housekeepers. Of course it is much easier to call one's servants to the lady of the house and give household directions, than it is to go to the kitchen and there arrange for the duties of the day; or it is certainly easier even to go to the kitchen and give the suitable directions, than, when there, to feel the duty of watching the progress of each branch of work that is being done, to visit closets, pantries and very often the cellar, not only to look, but to handle.

But is ease the chief aim of a housekeeper? No matter how nice the parlors may look when one calls, they are not always true indicators of good housekeeping. It is nothing but baby-play to keep house superficially, giving only surface care. It requires no great skill or experience to see that furniture and works of art about the house are neatly placed and faithfully dusted. But there is something more necessary to earn the honor of being a good housekeeper, one who "looketh well to the ways of her household." There is great dignity and honor in that; even when it may prove

quite laborious, it brings its own abundant reward. The eyes are very useful, but one can not be a good housekeeper who depends only on her eyes. How many housekeepers in Brooklyn or New York, who look to hired help to do the rough work of the family, are sure that they really know in just what condition their closets, store-rooms or cellars are? "Why! I go two or three times a week and see for myself." Yes; but did you use your hands as well as your eyes—taking up the things, putting them in better order, so as not to take so much room, and thus necessitate piling big things and little irregularly and unskillfully? And while eyes and hands were busy, did you permit the nose to take part in the daily investigation? Ah! that would too often tell you from what sources malaria springs!

We can imagine the scornful air with which many estimable ladies will read this. "What is the woman thinking about? Does she imagine that we are all slatterns?" Oh, no! Only that you, like too many other ladies, have, little by little, given up more and more care to hired girls, and, while every thing *seems* in excellent order, do not examine those parts of the premises that actually need the most constant investigation, because on these the health, if not the lives, of the family depend. Let us ask, do you keep a proper watch over your sinks? Did you ever notice how the girl washes her dishes? or, while she has clean water in the pan, do you see that she has scraped half the waste from the plates right into the sink, where it remains until her dishes are washed and put away?

"Well, what great harm is there in that? Not very tidy, to be sure; but what cause for malaria do you see in it?"

Simply this: The waste, or, in plain English, the swill, thrown into the sink and brushed one side out of the way of the dish-pan, as the dish-water and suds are constantly dashing over it, gradually dissolves, and finds its way into the pipes which carry off the dish-water. These pipes under the sink have usually a bend—or what is called by the plumbers a "goose-neck"—half way down from the sink to the floor. Water without sediment or substance easily flows down through this bend without any hinderance, and, if hot, cleanses the pipes. But the small, greasy particles from the solid matter thrown into the sink, lodge by the way, and grease and

sediment accumulate, until the pipes are effectually blocked up, or so nearly that the water is carried off very slowly. These particles at first seem perfectly harmless, but the hourly deposits have rendered them formidable. Remember what they are composed of—meats, vegetables, coffee and tea-dregs, and milk. Then imagine, if you can, what they will be after some days' or weeks' accumulations. When at last the plumber must be called in to open a free passage for the dish-water, if the mistress of the house stood by, she would wonder that the terrible stench which rises on opening the passage had not caused sickness and death, not only in her own family, but throughout the whole neighborhood.

And it is from such small beginnings, such carelessness, unnoticed by many housekeepers until brought to the light of day—when compelled to have pipes cleared out or drains opened—that our homes become the hot-beds for propagating disease, which finds every facility for becoming malignant enough to depopulate a whole neighborhood.

But it is not neglected sink or closet-pipes alone that furnish the atmosphere which engenders sickness. Do a large proportion of our housekeepers know, by actual observation, the exact condition of their pantries, meat-safes, bread-boxes and refrigerators? Do not be angry that such questions are asked. No doubt you look into all these receptacles, and often remove the contents for daily use. But is that all that is needed to insure a perfectly clean and healthy condition of the atmosphere you breathe while attending to the duties which call you thither? Doubtless most servants receive explicit orders to wash the closets, pantries, refrigerators and dark passages thoroughly, and see that they are cleansed, at least once a week. But do their employers *know* that it is done, and well done? No doubt those also who have the care of the furnace—the "black holes" often running far under the sidewalks in city houses—have orders to keep them clean, to brush down cobwebs, to allow no refuse matter to be thrown in the coal-bins or in dark corners. But does the mistress *know* that those orders are promptly and faithfully obeyed? The underground places of most city houses, often unlighted, unventilated, as dark as Egypt, are bad enough, under the most scrupulous care; but if neglected only for one week they

are most dangerous, destructive of health and life—malaria-breeders of the worst type. Do many of our housekeepers ever examine these places to know, by actual observation, that their directions are faithfully obeyed?

How many who may read this question will exclaim with looks of horror, "*I* go down into that coal-cellar! No, I thank you! Nothing would tempt me to do it. If my servants don't keep that part of the house clean, as I direct, it may go unclean for all me! A pretty place for a lady to go into!"

We grant that usually the lower cellears are not pleasant places, and, if not kept scrupulously clean, too dirty for "a lady" to enter. But if that is so, it is the lady's fault. To go down into such cellars may, for a moment, produce a sort of "creepy" sensation, especially if one take the time when all alone in the house. A "*servant*," as well as a *lady*, may be excused if she dislikes that. But it is seldom, in most cases, necessary to go there when alone in the house. If well kept—and nothing but the mistress's constant watchfulness will insure that—there is nothing derogatory to the first lady in the land to go, at least, once a week over every part of her house, from top to bottom, any more than it is to be the mistress of her husband's house. She can not fulfill the duties of a true wife and "home-maker" if she allows any portion of the house to escape her vigilant, personal watchfulness. In that way only can she secure the health of her family, and, by exacting rigorous cleanliness—most of all in the lower, least ventilated parts of the house—defy malaria.

Suppose you go with us on an exploring expedition. Let's start at the bottom and work our way upward. If confident that your employés have faithfully obeyed your orders, you need have no fears of soiling your dress—only trains are as much out of place when going to the cellar as they are in—the parlor.

"Whew! How close it smells! and how dim the lamp burns! It seems uncanny! I won't go any further."

That's silly. Follow us, and we will risk any bad spirits, unless we stumble on to malaria. And surely it does begin to smell like it! What is that on that pile? Old shoes, old rags—and, look! old bones, and a dish of refuse meat far gone in decay! Enough to

start a good-sized malarial fever, anyhow! This is not like the leavings of a cat or dog (if you keep them), but looks very much as if some tramp, or "a cousin from ould Ireland" has been secreted and fed here for awhile.

"Now, that is an extreme case. Such things don't happen once in an age."

Don't they? Why, my dear lady, there is much more mischief going on in the lower regions of many city homes than your philosopy ever dreamed of. If they didn't leave filth and the seeds of disease behind them, it would be more pardonable. But let us look further. Here are old hats, old rags too filthy for further use without the good washing that the girl think too much trouble to give; the wings and the feathers of poultry, and much more of the same class thrown into the coal-bin, and alive with worms—enough, if properly collected and kept in a close jar, to furnish "meal-worms" to all the bird-raisers of the nation. But left at large in all that filth, they furnish food for "the pestilence that wasteth at noonday." Many who have just rented a house, and are cleaning it before moving in, can vouch for the truth of this.

Caution.—Take care that the house you vacate for the one to be cleaned, does not also sustain this statement.

Well, we have had enough down here. What think you? Is it best for servants to come to your sitting-room and take your orders, or for you to go down with them, show them what you desire, and be sure that they know that you will see these orders are always faithfully executed?

Now we come to the closet and pantries. You "do not fear our finding carelessness here." They do look nice, certainly. Allow us to come a little closer. May we take those vessels off the shelves? What has been spilled here? See, I can scrape up the grease from where raw meat has been laid right on the shelf, and milk spilled and left to sour, and butter fallen off into the corner and turned rancid.

"Why! I always tell both cook and waiter to see that these shelves are all well washed every week." Yes, *you tell them.* But do you *see that they obey?* That's the question. We can't raise up this shelf from the cleat on which it rests. It certainly was made to be

movable. There, with that quick blow we have started it. Phew! what a smell! Every thing that has been spilled on it, as well as the water used to wash it off for months, has run through on to the cleat and settled there, until the shelf sticks as tight as if glued. Can closets, pantries and shelves be in that state, with constant accumulations of impurities, and not so contaminate the atmosphere of any house that by-and-by the health of the family falls before malaria?

Why do the husband or children now and then inquire, "What's the matter with this water—it tastes badly?" or, "This butter is rancid. Anyhow, it has a bad taste; I can't eat it." "Why, I get the very best butter. You must have drawn on your imagination."

Let us open the door of the refrigerator, and see. It looks clean; but it don't smell nice, does it? We will take out the things one by one. The shelves are pretty clean (slate shelves are, however, more cleanly than tin, zinc or iron bars); but look how much we scrape off the cleat on which they rest and under which all this impurity has accumulated! No shelves, particularly in a refrigerator, can be cleanly washed unless taken out of the ice-box or closet, and that is much the easiest and quickest way of cleaning them. This is bad enough, you will surely allow, and does not smell pleasantly. But there is something more. Let's lift this ice into a pan. Here is the tin bottom on which the ice rests. It is, you see, movable, and can be easily and quickly taken out—always the most expeditious way of cleaning an ice-chest—and should be done two or three times a week, before a fresh supply of ice is brought in, and both shelves and bottom plate be wiped dry after a good scrubbing, and set out in the sun and air to purify, till the ice-cart comes to fill the box again.

But what have we here? The perforated shelf on which the ice rests is terrible filthy. We have been "Hunting the Slipper," and had little chance to call "Cold, cold," but all the way it has been "Warm," "Warm," "Warmer," "Still warmer;" and now it is "Hot," "Hot," "Blazing hot," and no mistake. Here is an intolerable stench that malaria can grow fat on. We will take out this bottom shelf, and trust we have found the lowest depth. Look on what the shelf rested. The ice which has been in daily

use has been right over it, and butter, milk, meats, pies, etc., just above all, constantly impregnated with this fearful odor. Butter and milk, of all things the quickest spoiled, and which should never he kept in the same place, even with meats or vegetables, has been kept in this tainted air. For here is a mixture of pieces of meat, potatoes, sour milk, fruit, vegetables, broken eggs, and food of every variety, that has for weeks, perhaps months, accumulated; for surely that shelf has never, or seldom, been removed. See how "helter-skelter" every dish, with its large variety of eatables, was thrown on to the different shelves: meat on top of the milk-pan, butter on the vegetables, large dishes just tipping off of small ones, till the contents must, in part, fall off and mingle with the vile mess beneath the ice-shelf! Can any one ask for a more probable cause for "all the ills that flesh is heir to"—malaria, or whatever name one chooses to call it?

Do you think this exaggeration? If you are the most perfect housekeeper the sun ever shone on, and have been so unfortunate as to find it necessary to *move*, or have been kept a prisoner in your room, by accident or sickness, for awhile; if you have sometimes been called from home for a few weeks, leaving the house in care of servants, however carefully you may have instructed them, and on your return begin to look after your house from attic to cellar, you will understand that this is not an exaggerated statement, and will also realize how easily such vast accumulations of impurity must collect in any house where the mistress gives her orders without seeing how they are carried out. No servant, however excellent, should be able to superintend all parts of the domestic economy as successfully as the mistress. If she looketh well to the ways of her household, and eateth not the bread of idleness, then if sickness enters her family, it can never be said that it comes through her neglect or carelessness. But "her children will rise up and call her blessed; her husband also, and he praiseth her; and her own works will praise her in the gates."

LONG ENGAGEMENTS OR EARLY MARRIAGES.

There are two sides to this question. As soon as young people are prepared to begin their life's work, after having finished the education which was intended to fit them for it, we by all means decide in favor of an early marriage, both for young men and women. There is no period in a young man's life when he so much needs the counsel, sympathy and inspiration, which are always born of true love, as when in his fresh, uncontaminated young manhood he begins the battle of life—a battle that all must fight in their first efforts for independent self-support; and he is safest, and far more certain of success, who enters the arena of life shielded by the love which will unite with him in laying the foundations of home.

Knowing that the queen of his heart presides in his simple dwelling, and his labors must provide the means to keep it, while she seeks in all loving ways to aid him by tender care and judicious economy—how can this thought fail to give impetus to every exertion? All self-denial, all toil becomes pleasure; it is for her—*for both made one.* Whatever the avocation, the supreme love shielding the new home is the same. The woodman's ax swings lighter, the heavy blows on the anvil have more music than fatigue in them, the farmer whistles more cheerfully over his plow, the mechanic's severest toil is lightened by a sweeter refrain, when he knows that his fair young bride is in sympathy with him, and, while watching his return, is providing daintily for his pleasure and comfort, eager to give him loving welcome. To the artist at his easel come fairer visions to be transformed to the canvas, because of the dear one presiding over his house. The author in his study finds the dullest subjects clothed in freshness and vigor, because of the gentle critic to whom he can go for aid and encouragement. The lawyer prepares his case with better-balanced energy, thinks more clearly, pleads his cause with more effective eloquence, inspired by the cheering words uttered by the young wife as he goes to his labors, whose thoughts, he is assured, will follow his work with her judicious,

tranquillizing sympathy. The physician, in his daily rounds among the sick and suffering, knows there is one—now all his own—praying for his success; and knowing this, it so fills his being that his very presence by the sick-bed has healing in it. The young pastor, in his efforts to minister to the spiritual wants of his flock, will speak peace to the troubled souls committed to his trust with far more zeal and tenderness, for the love that will smile on him when he returns home.

In every sphere in life the early marriage that makes two faithful hearts the united architects of a true home, is a blessing that is not fully understood. It builds up a more perfect man and womanhood than can be realized in any other way. Each shields the other from a host of worldly temptations that lie in wait to spring upon those who walk alone. Early marriages are the strongest assurances of a pure life. Marriages deferred till one has had a fine time "to look about," to judge prudently, not through eyes of romance, too often prove fearful temptations to wrong-doing. The man or woman who enters the married state from prudential reasons, not through the rich romance of the heart, has simply made a business bargain instead of accepting, what God meant to be, the most blessed gift to man.

Let young people defer marriage until they are caught in the fatal nets of society life, and allow themselves to be guided or governed by the rules and ideas that custom sanctions, and they are soon tempted to feel that one must look for position, and argue that marriage must be deferred through prudential reasons. The young man learns to yield to the guidance of ambition rather than love; and the young girl who loved early, but waited for a few "seasons" in fashionable life, soon learns to feel that prudence bids her wait till her lover can enable them to begin life in as much style and splendor as her parents had worked themselves up to, when their daughter arrives at an age to be grafted into another stock. But "a graft should always be willing to be a graft, and wait until, by legitimate growth, it has made its own top," and is tall and strong enough to vie with the parent tree. "Woe to that girl who says, I will not marry until my lover can provide for me, at the beginning of our marriage life, as lavishly and fully as my father could

at the end of his." But God's blessing goes with her who carries into her new life all the delicacy and refinement of thought and action which she learned in the luxury and abundance of her father's house, proving that his wealth had only enriched the higher parts of her nature, and not so ministered to the grosser, selfish parts that she is not to go forth to build up another home under many difficulties, much self-denial, and perhaps some hardships. Giving herself to the chosen one, she is ready to accept her husband's less abundant—it may be straitened—circumstances, that both together may cheerfully build up a fair estate and noble position by beginning at the foundation.

But there are cases where a long engagement must be accepted. It is full of dangers; but if each hold fast integrity, and swerve not from allegiance until the circumstances which compelled a delay have passed, or been overcome, then a long engagement is sure to end in a happy marriage; for a love that has not been shaken by the long delay, and usually long absences, is not built on sand, but on a rock, over which floods may sweep, and the wind beat, and it falls not; for it was established on immovable foundations. When, in very early youth, before education is completed, and some employment secured, two meet—are drawn together and become devotedly attached—then we favor the long engagement, with all its perils and many heart-aches; for any sacrifice is better than to relinquish the first love. We are a firm believer in the first love, given when the heart is young and tender, unstained by too close contact with the world and its bewitching and beguiling allurements. Such love, honestly given and as honestly returned, is, next to a mother's love, the safeguard of young men and maidens. This once secured, the world may spread out all her devices ever so skillfully, and she will not break the bond.

So, because first young love is so sweet, so strong, and, when faithfully nurtured, so enduring, we say, "Let it not go," even if it can be held only by a long engagement.

COARSE LANGUAGE AND FREE MANNERS.

The necessity of shielding children from the contamination of low associates, and from the habits which such companionship will surely bring, is of the utmost importance. Low expressions—"slang phrases," as they are termed—will be one of the first-fruits. A "free-and-easy" way of talking and acting among strangers in the streets or stores, and at last ventured upon at home, will be the next. These two most offensive habits usually go hand in hand, and, very strangely, unless we look at it as an evidence of natural depravity, are eagerly caught up by the young. With girls, especially, if they are allowed to use such low phrases, other unfeminine traits will soon follow; often a coarse, swaggering manner, instead of the graceful, lady-like carriage, that indicates refinement and modesty. When girls or young ladies (?) are seen with their hands thrust deep into the Ulster pocket or *surtout*, as is now the term, and the Derby tipped on one side, talking and laughing loudly, walking with masculine strides, they have no cause of complaint if the rude, ragged little gamins in the street take infinite satisfaction in running after such nondescripts and calling, "I say, mister!" They can not but think that the attire and manner of such girls mark them as lawful victims for their insults and ribaldry.

These reprehensible and offensive habits of speech and manner have crept into youthful society with amazing rapidity of late, and are so closely allied to unsafe and immoral license, that parents can not be too quick or peremptory in restraining the least approach to any such liberties. If left unrebuked at first, under the impression that, if apparently unnoticed, their children will soon see the folly of it and correct it themselves, they will find they have made a sad mistake. Once allowed to take root, the evil will soon be beyond parental control, ripening into fixed habits that will be a blot on their children during their whole lives.

This kind of vulgarity carries with it a seductive fascination for the youthful, unbalanced mind, and tends to moral deformity, even

if it leads to nothing worse. Such evils, like sin, are at first repulsive and disgusting, but

> "Seen too oft, familiar with its face,
> We first endure, then pity, then embrace."

Boys are enticed more easily into the use of vulgar and low expressions from coming in contact with coarse, rough boys, as they are naturally outdoors or in the streets more than girls, and often less under their mothers' influence and supervision. They are, therefore, in danger of having the habit fixed before it is suspected at home. When temptations are not resisted and repelled at the beginning, they find easy victims. If a boy is tempted to indulge in low conversation, and yields, he will find that profanity is near of kin.

Girls seldom fall into habits of profanity; but, from lack of proper restraint at home, too often indulge in speech and actions which are far from lady-like or refined, and not many years ago would not have been tolerated in good society. But of late, at home, making or receiving calls, on the streets or in the cars, this loud, boisterous, free-and-easy behavior is painfully noticeable. If seen in little girls, who should be as sweet and gentle as the birds or flowers, one can not avoid thinking that their mothers have not guarded their jewels as they are in duty bound to do when such priceless treasures are committed to their charge. If our little girls greet their brothers and sisters, and perhaps even their parents, boisterously; if, instead of "Good morning," they cry, "Halloo, papa! Halloo, mamma!" and call to playmates in the street in the same rough manner, who will be surprised if this style follows them as they grow up and appear as young ladies? Referring to this unlady-like manner and mode of address, a gentleman writes that, passing two pretty, well-dressed, stylish-looking young ladies in the public streets, he was surprised to hear one meet the other with "Halloo, Sid!" and the other respond, "Halloo, Tude!" to her friend's greeting; and he remarks: "It was just what two lounging young men might have said, or stable-boys, for that matter. It might not have been so much out of the way for the latter, but I confess it sounded very odd and offensive in what I supposed to be two well-bred young ladies; as

much so as if I had heard two beautiful gray and rose-colored birds begin to swear. It was so unnatural, so out of place. It may be 'the style' for young girls or ladies to greet each other with an 'Halloo!' but I can't like it or get used to it. These things may seem but a trifle, but they make all the difference between nice things and very common things. We usually prefer sweet, gentle, refined girls to those who are coarse and hoydenish. Girls may fall into this unlady-like habit through their brothers' example; but sisters were given to refine and soften the coarser nature of their brothers. If they do not do this, we shall no longer find in our sisters refined and refining companions, but the coarse ways and rough speech of young men in flounces. Is it not just as easy to imitate the graceful manners and refined speech of a lady as those of a rude, uncultivated boy?"

The same general rules for correct and pleasant behavior are safe for boys and girls, ladies and gentlemen. A gentleman may entertain the highest respect for a lady, and be on the most friendly and intimate terms, but, if a true gentleman, his respect will withhold him from carelessness or roughness in speech or action. And no lady who is truly refined will brook any thing approaching a too familiar tone. It is, however, but just to acknowledge that a lady's manner will always fix the metes and bounds of the liberty which may be offered.

When boys and girls, young men and maidens, are allowed to fall into the absurdities of low, foolish, meaningless talk, it seems to dwarf them intellectually; they can find nothing of interest or importance to say, and therefore make up for sense by filling every sentence with needless exclamations, exaggerations, or misused adjectives. It requires much patience to be compelled to listen to half a dozen young people, and hear the strange, inappropriate use of language. They will assure each other that it is "awful" warm, or the concert was "awful" nice; the sermon "horrid" dull; a young lady is "awful pretty," but her dress "horrid ugly;" the teacher "horrid strict;" such a young gentleman who called had an "awful swell" team of fast horses.

If young people could now and then be placed where (themselves unseen) they were obliged to listen to a half-hour's conversa-

tion about nothing at all, and hear these poor adjectives forced into a conspicuous position in every sentence and on every topic of conversation—their real meaning and legitimate use being entirely disregarded—it might result in their own reformation, and they might feel; like the gentlemen in Delmonico's, who listened to the conversation of a charming little lady and her dapper little beau, where every other word was "awful:"

I confess it sorely puzzles me to think what they *could* say,
If something really 'awful' were to happen in their way;
For I'm sure with simple English they could never be content,
But their thoughts in foreign expletives would have to find a vent.

"While musing in this fashion (feeling rather cross and old),
I forgot about my dinner, which was getting 'awful' cold;
And the adjective kept dropping from the lips of either child,
Till with 'awful,' 'awful,' 'awful,' I was driven fairly wild."

WHERE IS THE BLAME?

In our large towns and cities there are many wives who are saddened with the knowledge that their husbands are happiest when they can find or manufacture plausible reason for dining at a lunch-house or a restaurant instead of at home. Where lies the blame? Sometimes, doubtless, with the husband; quite as often in the kitchen. And why? In most instances it is not from straitened circumstances. The poor can not afford the luxury of choosing between the home table and a public one; and with the rich these public resorts should be no luxury, but only a necessity when business takes the husband so far away as to make it impossible, or at least a great inconvenience, to lunch at home.

The wife, who alone should be the mistress of the home, ought so to manage her kingdom that all the inmates of the family will feel not only that there is no place like home, but no table to be found anywhere so tempting as that which is prepared and presided over by the wife and mother. Even if she has the most

competent cook, she must still be well assured, before the bell calls all to the dining-room, that her table is spotlessly clean, attractively arranged and appetizing in its provisions.

The proprietor of every restaurant knows very well that he must use every possible effort to make his tables *look* attractive, and make sure that every article of food called for is prepared in the most acceptable manner. If one finds, after a few trials, that the coffee is poor, or the soup with too little seasoning, or as salt as brine; that the meats are badly cooked and worse carved—mangled rather; that the steaks are tough, or raw, or cold; that the bread is sour, or streaked and clammy—and this not once or twice, but almost invariably—how long would he be induced to patronize that place? If wives trust all the "*kitchen* work" to hirelings; if, having provided a well-recommended cook, they feel that their responsibility, as far as the meals are concerned, ceases; if they do not make their cooks understand that the mistress holds full and not-to-be-disputed authority, not only over the parlor, but over every department in the house, demanding implicit acquiescence in all reasonable requirements, and is fully competent to judge of the performance of every duty—they can not complain if their husbands and sons learn that creature comforts are more surely supplied at restaurants, and patronize them rather than submit to the discomforts of the home table.

If the wife first understands how to manufacture each dish that she allows to be set before her family herself, and is, by this knowledge, fitted to instruct her servants and secure their ready compliance with her teachings, she has it in her power, without the least danger of being overburdened, to surpass in attractiveness, if not in absolute culinary excellence, any place of public entertainment that can be found.

To understand all the arts of cookery, and be able to practice or superintend the work whenever any thing elaborate or intricate is wished for, is an accomplishment for any lady to be proud of. But it is far more important to understand, and successfully superintend, the less intricate, more substantial and healthful every-day family meals—to be so able to provide a charming variety that there will

be little pleasant surprises every day or two, instead of that monotony that enables each member of the family to know just what each day's bill of fare will be.

THE TOMATO.

Many years ago our eldest brother went into one of the towns of New Jersey to teach. To a little girl reared on the hills of dear old Massachusetts, and seldom many miles from home (for in those ancient days home was thought to be the best place for children), the idea of a brother going so far away was heart-breaking. We had cried half the night after he had left, for surely we should never see him again. We went to school the next day, a most forlorn and sad-browed little damsel, and our school-mates at once gathered around, asking:

"What's the matter, E——?"

"Oh, dear! Brother A—— has gone 'way off to Jersey!" If he had gone to the Feejee Islands, in danger of being eaten by cannibals, we couldn't have been more disconsolate, until letters began to arrive from him. Not very often, for postage was then twenty-five cents a letter; but if he could send us a letter now and then, Jersey couldn't be so far off but that we might hope he could get back when his year's engagement expired.

One day came a letter with some tiny seeds in it, and the letter told us that they were the seeds of the love-apple; that we must plant it according to the full directions he gave; and, although the leaf was not very beautiful, or the odor attractive, yet, by the time he came home, those seeds would become bushy shrubs, laden with a bright-red fruit, very beautiful to the eye, but not good to eat; that the lady who gave the seeds thought the plant very ornamental in her garden.

For several years our brother's gift, sent us from *so far*, was carefully nurtured, and throve vigorously, giving great delight when covered with the bright balls. They looked so pretty and so tempting

that we one day ventured to bite a piece from one of them. The taste was so very strange and disagreable that the piece flew from our mouth much sooner than it entered, and we ran in great terror to our mother, who was nearly as much alarmed, fearing the pretty balls were poisonous.

Years after that we first saw the love-apple, or tomato, used as sauce for meats. We do not yet find it mentioned in the cook-books earlier than 1825; but that it has for a long time been largely cultivated in Portugal, and greatly appreciated, is very evident. In Portugal it received the name of tomato—but is a native of South America, and it came to us under the name of love-apple.

We have several times seen an account of how this fruit, now considered so indispensable in culinary work, was first introduced into the States. Having seen this statement in various papers treating on household affairs, we presume there must be a well-credited foundation for it.

It is told that many years ago a man from the Bermuda Islands came to New York and from there wandered into Pennsylvania, where he was arrested for some dishonest act, found guilty, and sent to the jail in York County, Pa. This man had with him some seeds which he had permission from the keeper to plant in the jail-yard. He found the soil there rich, and the seeds sent up large plants of vigorous growth; but, before they matured, his time of imprisonment expired, and he was discharged. No one had thought to inquire the name or the nature of the plants.

These plants, after a wonderfully rapid growth, blossomed, and were soon full of fruit—large in size, brilliant in color, but entirely unknown to any one. As the fruit matured, the color changed from a light green to a rich red, and was a source of joy and admiration to the prisoners. The keeper's wife cautioned them against eating any of it, fearing, however tempting it might look, that it was poisonous. She had also promised the man who planted the seed, that she would be careful and preserve some specimens, should he return in season.

When this strange fruit was fully ripe, the Bermuda prisoner did pass that way, and wished to see his plants. Finding the bushes

hanging full of fruit, he asked for salt, pepper and vinegar, and astonished all lookers-on by eating this strange fruit, that had been thought so poisonous, with great enjoyment, as a most excellent salad.

After his repast ended, he informed those whose curiosity he had excited, that this fruit was the love-apple, or tomato, and was thought a great luxury, was used in cooking in an infinite number of ways, and considered most healthy and nutritious.

After his explanation, the lady carefully preserved the seeds, distributing them among her neighbors. In this way this now most popular esculent, it is said, was introduced into our country. But for years after that, it was chiefly cultivated as an ornament in the garden, and seldom used for the table. After a long time, little by little its table merits became understood and duly appreciated, and thus it grew to be a great favorite, and its merits spread far and wide.

Doubtless we have around us many things grown as an ornamental shrub, or dug up as a noxious weed, that, did we but carefully examine and seek proper aid for investigation, would be found not only beautiful, but a great addition to table luxuries; not a useless weed, but capable of being made valuable. No doubt many are carefully rooting out various kinds of fungi that spring up in a night, and are thought poisonous, while their next neighbors enjoy mushrooms daily.

The ground under our Pyrus Japonica (Japan quince) is covered with fruit which smells very fragrant, is more acid than a lemon, and as hard as a potato. They leave a pleasant perfume in a room or drawer where we sometimes place a few; but the rest have lain year after year on the ground under the shrub, and decayed. A lady told us that a friend had made a few into a jelly, and found it very good. Inquiring of one who was well informed on such points, if this fruit was at all injurious, and being assured it was perfectly harmless, we sent a basket of the Japan quince to this friend to make the experiment, who skillfully made the jelly, and it proved very nice and palatable. So, perhaps, we may find in a few years this foreign jelly ranking among choice table luxuries.

RELIEF FOR MANY HOUSEHOLD GRIEVANCES.

Even the most skillful housekeepers are not always exempt from many annoyances which, at times, reach over to almost every department that comes under their supervision and control. Keeping before their minds a high standard, by which they desire to be guided, they are naturally more perplexed and disturbed at defects, mistakes or willful neglect than less conscientious women are. Among the many "lions in the way" that meet young housekeepers in unexpected corners, there are but few before which they are so inclined to retreat as the injuries and defacements of their household possessions by accidental or careless stains or injuries. Rich glass or choice china, discolored or cracked, stains on marble, rust on silver or steel, mildew, fruit stains, or iron mold on bedding, table-linen, or any cherished article, disgust and dishearten them, when after many trials and exact adherence to directions, they find they have made no progress in renovating the articles.

Hoping to be of some assistance, we have endeavored to collect and bring into as small a compass as possible some remedies for these grievances, but only offer those which we have successfully tried in similar cases.

Before any spot or stain can be erased, it is important that one should learn the nature of whatever produced the blemish, and also that of the material injured. Any thing which, if applied, might erase a stain from wood or metal, might be injurious if applied to cloth. That which would remove the defect from linen might increase the trouble if used on woolens, or have no effect at all.

Oils, grease, wax, tar, vegetable or animal juices, resinous matter—such as pitch or tar—iron and ink spots, are difficult to remove completely, but ink and iron-mold the most so of all. Whenever much writing is done in a house, and children have free access to the writing-desk, books, papers and the carpet are most likely to bear the marks of misrule; but the injury is not irreparable.

A weak *solution of oxalic acid*, applied with a brush with great care,

will remove the *ink* from books or papers, and in nowise injure them; or, if ink is spilled on linen, cotton or any white goods, oxalic acid will remove it, unless dried in and of long standing. In that case, equal quantities of muriatic acid and tin-salt will remove it, but both these preparations are poisonous, and should be carefully labeled and kept out of the reach of children or careless servants. Delicate colors would be destroyed by these preparations. Ask the druggist for a weak solution of pyrophosphate of soda, dip a brush in it, and carefully wet the ink-spot, and, after several trials, it will remove ink from delicate colors without injuring the goods. Wash or sponge with clear water.

But none of these things can be used safely on carpets or woolen goods. If ink is spilled on a carpet or woolen article, it should be attended to at once while still wet, if possible, and then is very easily removed. Take clean blotting-paper or cotton-batting, and gently sop up all the ink that has not soaked in. Then pour a little sweet milk on the spot, and soak it up from the carpet with fresh cotton-batting. It will need to be renewed two or three times, fresh milk and cotton being used each time, and the spot will disappear. Then wash the spot with clean soap-suds, and rub dry with a clean cloth. If the ink has been allowed to dry in, the milk must remain longer, and be repeated many times.

Bronzes require no cleaning, if kept uninjured, except careful dusting, so that no dirt shall settle to mar the beauty of the design. But if they unfortunately are greased or spotted, wash with warm soap-suds made quite strong with soap; then gently rub, and thoroughly dry. If, by accident or carelessness, the bronze is rusted and defaced beyond the power of soap and water to remove, the only safe way is to have it rebronzed, which, near a city, is not a difficult thing.

If *marble* is smoked or soiled, either by bituminous coal or too free use of kindling-wood, Spanish whiting, with a piece of washing-soda, rubbed together, and wet with only enough water to moisten and make it into a paste, will remove the grease and smoke. Dip a piece of flannel in this preparation, and rub the spots while the paste is quite moist. Leave the paste on for hours, and, if need be, remove it and renew with fresh paste. When the spots

disappear, wash the place with clean hot soap-suds, wipe dry, and polish with chamois-skin.

If oil or grease has been spilled on marble or stone, get fuller's-earth or pipe-clay, well dried and finely pulverized, make it into a thin paste with strong lye, put it quite thick over the spot, and place a *warm*—not too hot—flat-iron on the paste until quite dry; then wash it off, and, if the stain has not entirely disappeared, apply the paste and the warm iron once or twice more. One application, washed off with strong soap-suds quite hot, is usually sufficient, unless the stain is of long standing, and has soaked in. In that case it may require to be applied two or three times.

Oil-marks on wall-paper, or the marks where inconsiderate people rest their heads, are a sore grief to good housekeepers, but they can be removed without much trouble. Take pipe-clay or fuller's-earth, and make into a paste, about as thick as rich cream, with cold water; lay it on the stain gently, without rubbing it in; leave it on all night. It will be dry by morning, when it can be brushed off, and unless an old stain, the grease-spot will have disappeared. If old, renew the application.

Grease on a carpet, if not of long standing, can be readily disposed of by washing the spot with hot soap-suds and borax—half an ounce of borax to a gallon of water. Use a clean cloth to wash it with, rinse in warm water, and wipe dry.

If *spermaceti* is dropped on any garment or furniture, first carefully scrape off all that can be removed without injury to the material; then lay brown paper over the spot, or a piece of blotting-paper, and put a warm iron on the paper until the oil shows through. Continue to renew the blotting-paper, and apply the warm iron until the paper shows no more oil.

Spots on furniture, from any thing hot, or from alcohol, can be removed by rubbing hard with sweet-oil and turpentine. When the spots disappear, wash in milk-warm soap-suds, dry quickly, and polish by rubbing briskly with chamois-skin.

When *velvet* has been wet and becomes spotted, hold the wrong side over steam, and, while damp, draw the wrong side quickly over a warm iron. It takes two to do this well—one to hold the bottom of the iron upward, and the second to draw the velvet across it.

Paint, *pitch* or *tar* can be removed from cloth or wood by rubbing it with turpentine. If the paint has become dry, put a few drops of the turpentine on the spot, and let it stand a short time ; then rub the spot, and if all the paint is not removed, repeat the work. When entirely gone, rub off with alcohol.

Paint and *putty* can be taken off glass by wetting the glass several times with a strong solution of soda. Wet the glass often with it till the spots soften and can be washed off, and then polish with alcohol.

Ivory that has been spotted, or has grown yellow, can be made as clear and fresh as new, by rubbing with fine sand-paper, and then polishing with finely-powdered pumice-stone.

Marble can be nicely cleaned in the following manner: Pulverize a little bluestone, and mix with four ounces of whiting; add to these four ounces of soft soap, and one ounce of soda dissolved in a very little water. Boil this preparation over a slow fire fifteen minutes, stirring all the time. Lay it on the marble while hot, with a clean brush. Let it remain half an hour; then wash off in clean suds, wipe dry, and polish by quick rubbing.

Grease can be removed from stone steps or passages by pouring on it strong soda-water boiling hot; then make fuller's-earth into a thin paste with boiling water; spread it over the stain or spot, and let it remain all night. If the grease has soaked and dried in, it may be necessary to repeat this for two or three nights, scrubbing it off each morning with strong soap-suds and lye. When houses are under repair and being painted, it is important that one should keep watch for such oil spots, as painters are not over-careful in handling their oils, and such spots are very annoying,

If *ink* has been spilled over rosewood or mahogany furniture, half a teaspoonful of oil of vitriol in a tablespoonful of water, applied with a feather, will quickly remove it.

HOPE ON—HOPE EVER.

Life is so full of vicissitudes. Changes of every description come upon us without a moment's warning. Few could endure life's burdens, which are inevitable, were it not for hope; that hope which will not die out of the heart, but springs up with renewed vigor when trials come, heavy enough, apparently, to crush it past resurrection. What a life that must be where hope veils her face and departs!

In some of the darkest trials, when heart and flesh begin to fail, a ray of hope and comfort may pierce the gloom, and the aching heart reaches out after it, and, by touching it, gathers a little strength that serves to hold back the threatening destruction. That slight hold gives a moment's time for reflection, showing the sufferer that the future may have still some good in store.

> "When tides have to their lowest ebbed,
> Then they begin to flow;
> The trees that winter's winds have stripped
> With summer's fruit bend low."

One glimmering ray of hope, scarcely visible through the darkest clouds, has often wonderful power, and, if gratefully cherished, will grow brighter and more potent the closer those in trouble cling to it. Sometimes almost obscured it may be, by some additional strain; but its light is never destroyed unless the worn and suffering turn from it in despair.

Men engaged in large mercantile or commercial operations too often find they have embarked on a treacherous ocean. Adverse winds are driving them upon the rocks or among the breakers. All courage and fortitude forsake them. They see only ruin and lowest poverty for themselves and their families. Having tasted of the pleasures that riches can bring, and forgotten the long struggle before they first attained them, they see no way but to "curse God and die." They look only at the ruin and disaster. They will not turn to where a small spark of hope is waiting for recognition. These are the persons who seek peace in suicide—the coward's

folly. They shrink from adversity, and will not find the hopefulness that would guide them back to comfort and success.

It is often the mother, wife or daughter whose patient, cheerful endurance and faith begets the hope by which many a man has been saved from rushing uncalled into the presence of his Maker, bringing God's anger upon himself, and leaving his family to battle, as best they can, with the misfortunes his reckless, over-sanguine nature has brought upon them. Over-sanguine when all seems prosperous; spending that which he can not afford in rash speculations, foolish pleasures, and, perhaps, not less sinful—in that kind of reckless generosity that at last takes the bread from his children's mouths, and wrecks home, peace and happiness, by the loss of needful support. Over-sanguine while blindly floating toward ruin; but when the crash comes, sinking into unmanly despair. Then, if wife and children can not hold him up, he will have no courage to endure with them the sorrows and trials he himself has brought upon them, and so steps out of this life's troubles into those which have no end.

It is selfishness, cowardice or insanity only that tempts to suicide.

True manly courage, with love and hope, will, under the worst misfortunes, cling to, and shield, no matter how great the agony, those committed to their care, and for whose peace and comfort they are held responsible. With these supports they can and will meet any trial bravely, and conquer in the end, because hope held them steadfast and strong. They have their appointed work to do, and though for a time it may seem all broken and unraveled, yet with faith and hope they will not forget that

"God always, for a web begun,
Is sure to find the woof."

FOOD FOR INFANTS.

We think few people have any clear idea of what infants suffer, simply from the insufficient amount of food the little helpless beings receive. Very many mothers, especially of the present period,

have not half the natural nourishment that a babe actually needs, or understand how much food is really necessary for the healthy development of their little ones. They don't see, when they put the child to the breast, that the supply is exhausted long before its wants are fully satisfied. The babe resolutely perseveres for a period sufficient to exhaust all the patience a more mature being may be supposed to possess; and, finding perseverance brings no returns, the little one throws back its head and cries. That is called being cross or fretful. But it is only saying, in the plainest language it is as yet able to command, "I am so hungry; I don't have half as much food as I need."

After two or three more ineffectnal attempts to secure the amount that nature calls for, tired with the fruitless labor, the little martyr falls asleep from sheer exhaustion, and the mother says, "I think baby must have had the colic," and never for a moment imagines that it was hunger, not pain, that made the child cry. Full one-half the children born now do not find at the mother's breast the nourishment that they must have to be robust and healthy.

Mothers, physicians and nurses—if nurses must be employed—can not be too vigilant in watching over the food of infants. If mothers would observe carefully, or experiment until certain, they would be astonished to learn how very small an amount of necessary food they are able to furnish themselves. This once learned, some substitute for mother's milk must be provided, and the child allowed an abundant supply; but not surfeited. If sufficient nourishment is provided, a healthy child will as instinctively drop off from the breast or bottle as an older child will lay down its knife and fork when it has eaten all that nature demands.

The substitute for mother's milk can be decided upon only by careful trial. Cow's milk, if pure, and carefully secured from one healthy cow, is, as a general rule, more like an infant's natural food than any of the numberless articles advertised and applauded. But many children, especially city-bred children, can not use cow's milk. It is very difficult to be sure of a well-fed, healthy cow in the city, and perhaps that may be the reason why it is so often the case that city children are injured by this milk. Oatmeal gruel or porridge, condensed milk diluted with water, imperial granum

made into a thin porridge, or sweet cream reduced with warm water, are some of the best preparations when the child can not use cow's milk.

A child must not be fed with a spoon, but with a nursing-bottle, of which there are now an endless variety of very reliable ones. If fed with a spoon, it is a tedious process, not satisfactory for the child, and filling the stomach with wind that will surely produce colic. From the slowness of the operation, the child, when fed with a spoon, does not get the full amount that is needed.

A child of one month old requires more than one pint of pure milk a day, and that amount, if it is found that cow's milk can be used with safety, diluted with only such a portion of hot water as will be needed to make the milk as warm as the mother's milk. Two tablespoonfuls of boiling water to a pint of cold milk, slightly sweetened, will give the desired temperature. A healthy child, one month old, will take nearly two pints of milk in twenty-four hours; and many between one and two months old, without injury, will take more if they can get it.

We quote a few sentences from good medical authority:

"Not more than one mother in ten understands how much food a small child needs; nor more than one physician out of very many can tell a mother or nurse how much food should be given in twenty-four hours. They guess, and may say, 'a teacupful, more or less; or, a half pint, more or less; one-half or two-thirds water may be given to one-half or one-third milk.' Now, few children of one month old will be satisfied with one pint of pure milk daily. Many will take a quart; the average lies between the two."

An infant needs from twenty-four to thirty ounces of milk or food daily, and will starve on three half-pints of fluid, fully one-half of which is usually water. An underfed infant may be easily distinguished. It will be peevish, fretful, always giving signs of hunger. When asleep it starts and moans, and its slumbers are of short duration. It will look pale, shriveled, be colicky, be called sickly, be dosed with medicine, and probably not live through the second year.

"It is not unfrequent that these starving children will have their food still further reduced by the advice of the physician, who fears

the stomach is too weak to bear much food! It grows thin and pale, often breaks out in sores over the face, arms and legs, because, the physician says, its blood is impure! But the child is merely slowly starving, and, of course, the blood will be thin, impure and scanty. The little food that the puny thing receives is diluted with water, because the mother fears milk alone is too strong for it; and so the stomach is filled with this sloppy stuff; yet a sip of pure, cold water to cool its parched lips and feverish tongue is not allowed, for fear of injury. But all little ones need not only plenty of food, but also a little clear, cold water occasionally.

"The major part of the colic, crying and restlessness of new-born infants for the first few weeks, comes chiefly from starvation. Cream and water will quiet and cure them far sooner than catnip, anise-seed or camomile-tea, or any of the carminatives or anodynes so frequently given.

"We are sure that it is almost as easy to raise most children on a good supply of undiluted cow's milk as if fed from the mother's breast."

Very few mothers are able to supply nourishment sufficient for the healthy growth of their children without feeding them in part from the bottle. In that case let the milk be entirely undiluted, save with, as before said, two spoonfuls of boiling water to one pint of milk. When necessary to use the bottle, it is wise to feed the child mostly during the day, letting it depend on the mother for what food is needed during the night. This saves the mother from the necessity of heating the milk and scalding the bottle during the night. The bottle must be well scalded every time it is used. If this is neglected, the child will suffer for it. When not in use, let the bottle, after being well washed and scalded, be filled with cold water, or laid, with the rubber-tube and mouth-piece together, into a bowl of cold water, and set in a cool place till again needed.

Most hard-working farmers' wives can nurse their little ones almost entirely without the aid of a bottle or any food—besides what nature gives a country mother strength to provide herself. But the wear and tear of city life, its excitements, dissipation and nervous exhaustion are not conductive to that physical strength which promises healthy, robust infants.

HOW TO MAKE OUR DAUGHTERS SENSIBLE HOUSEKEEPERS.

It is often annoying, and always a hinderance for an active, energetic, methodical mother to teach her daughters how to perform home duties correctly—particularly when she begins at an early age to put into their care such portions of necessary household labor as they have strength to undertake, and patiently, as the months and years roll by, teach them, step by step, how to manage such duties successfully. Such teaching with very young pupils will retard her own work inevitably, derange often well-established rules, and thereby cause much confusion, and possibly the early attempt may be attended with some woeful mishap, such as a beginner can hardly be expected to avoid.

A mother's unselfish love, and the knowledge that all these sacrifices of time and her own comfort are building her daughters up, and preparing them for future usefulness, will enable true mothers to accept these duties, so near akin to a cross, and teach them to find in the prospect of the good to be secured that every step of the way brings its own rich reward; even though the mother knows that the first lesson, when partially mastered, will only pave the way for a higher and more important effort, which must more and more tax her skill in teaching, yet, as she sees indications of progress, the cross presses more lightly, and soon becomes a pleasure, and in the end a crown.

But, unfortunately, many mothers do not recognize the duty of thus teaching their children, and are impatient of that restraint which these efforts must bring upon themselves; and, by such selfish disregard of a sacred duty, forfeit the great reward. We have known mothers who are so particular that they will not allow their girls to share in their labors, or intrust to them any of their cares. This is a great injury to the mothers often, and a cruel defrauding of the children. Most girls, if permitted to be with their mothers when in the kitchen almost from babyhood, love to see the work done, particularly the cooking; and nothing delights them more

than to be allowed to attempt to make some simple article themselves. And this early *play* will in the end be a *lesson* not easily forgotten. Rest assured that girls who grow up under such training, or indulgence, will have no fear of the real care when it comes to them as a duty. They are not the ones who will urge their husbands to board, from the dread of the cares of housekeeping; but invariably—we know no exception—will make good housewives, with the best prospects of a happy home.

We know mothers who freely instruct their very young girls how to make bread, and allow them, at least once a week, to have a loaf of their own baking on the table. Then they are sometimes allowed to make some simple cake, receiving as they proceed the most easy and simple directions from their mother.

As girls pass into their teens, some most sensible mothers give each daughter the full care of the housekeeping, for a week at a time, of course, guided by their mother's supervision and judgment, as to the marketing and expenditure. This is an excellent arrangement, and one of the most important items in their education. There is no greater mistake than feeling that domestic labor, when necessary, or the knowledge of it in all positions, must be incompatible with the highest degree of mental culture or refinement. No women stand so high in position or elegant accomplishments, as those who honor themselves and their husbands, by a thorough knowledge and oversight of all domestic duties.

No one can hope to hire those who will bring the best taste, the nicest attention to order, neatness and economy in little things, into the kitchen, together with a correct knowledge of preparing the simplest meal in a beautiful and attractive manner; and yet all these united have a wonderful power toward making home-life happy and prosperous. And the absence of these charms—careless housekeeping, an untidy and unattractive home and poor cooking have driven many a husband to seek comfort and happiness elsewhere. Those things which constitute the true charm of a home can not be bought or secured by the labor of hirelings. It is only the mistress of the house, the wife and mother, through her love and union of interest with her husband and children, who, guided by her affection, will labor to bring that charm about her household

which springs from systematic labor, scrupulous neatness and economy, a finely-appointed table, with food daintily prepared and served with exquisite taste. No lady of the highest talent or accomplishments need feel that she demeans herself by giving her most earnest attention to the beauty and comfort of her home and the careful ordering of every thing connected with the kitchen department. Low down as foolish ideas of gentility have been accustomed to place that department, it has much more to do with the comfort or discomfort, the peace and happiness, or the discord and evil temper, of the whole family than can be gained from elegant or fashionable parties, and all that etiquette demands in fashionable life. No girl, whether from the lowest or the highest position, is fit to become a wife—a mistress of the home—who has not been carefully educated in all the accomplishments and details of the kitchen.

HARBINGERS OF SPRING.

Few animate or inanimate things respond so quickly to the first warm sunny days of spring as the apparently insignificant but most efficient and untiring moth. In furnace-heated houses they sometimes evade the most watchful housekeeper, and are seen flying about a warm and well-lighted room, even in midwinter. They are comparatively harmless at that early period; but should, nevertheless, be watched and destroyed without compunction. They are no cowardly disturbers of the peace, however, but make their surveys like experienced commanders, in preparation for the contemplated spring invasion, in a bold, defiant manner, as if certain of victory.

Though not harmful in the winter, no wise woman will fail to repel their first approach, and destroy them promptly before they reach the mischievous age. Every moth killed in midwinter is clear gain, even if not at first perceptible.

In April one begins to realize that the moth is very much in

earnest, and it behooves the mistress of the house to be equally so, watching for their approach with strictest vigilance. When the gas is lighted, the brightness tempts them into the room, and lures them on to destruction. Now is the time to be on the alert. All that the flames spare, should find active hands ready to trap and kill them. They are such delicate, pretty little things, this seems cruel; but, because they look incapable of harm, neither books nor work should so absorb one that, just for once even, they can be permitted to escape.

House-moths often leave their eggs in the carved work and open spaces in ceiling and cornices, as well as in carpets, furs and every other possible hiding-place. One of the many discomforts of high-studded rooms is the safe retreats they provide for moths and that most offensive of all vermin, the bed-bug. Such ceilings are so high up, so difficult of approach, that few women feel quite safe when obliged to mount the topmost step of a tall ladder to gain access to the hiding-places. And yet some one must do it. A man, not accustomed to such haunts, would hardly know how to do the work as thoroughly; but early in the spring, when the regular house-cleaning must be attended to, it is very desirable to engage a workman accustomed to ladder-work, and with the capacity of using a brush successfully. Let him take a dust-pan and small, stiff whisk-broom, and a pointed one also, such as is used to brush round the buttons of tufted furniture, and thoroughly brush out all the dust that may have settled in these open spots; for moths and bugs are grateful for all the loose lint and dust that a housekeeper allows to settle in such cracks or fissures, where they can build their nests and deposit their eggs.

When all the lint and dust have been removed—as far as possible—and burned, take a soft cloth, saturate it thoroughly with kerosene, and rub it into all the places where dust has accumulated and where vermin usually resort. Leave kerosene on for a day or two before beginning the washing and scrubbing, and, if the application can be repeated two or three times, it will be all the more effectual. After it has remained on a day or two, as each room is cleaned, these parts must be well washed with hot soap-suds. When dry, take a small bellows, fill with Persian insect-powder—the

genuine article (*Pyrethrum roseum*)—and blow it into all the hiding-places, and it will prove more effectual than any thing else. It will soon relieve the housekeeper of *flies* as well as moths. Shut the windows and doors, and blow this powder over the windows, and fill the air with it. Close the door for half an hour, and, on entering the room after that, you will find the flies lying on floors and windows, dead or dying.

If this work has been done perfectly during house-cleaning, these places may generally be kept clean by using one of those very long-handled, stiff, round brushes called "Popes' heads." This saves the necessity of climbing the ladder every day, or two or three times a week; and, in the morning's sweeping and dusting, a strong girl can easily reach them, and occupy very little time.

A long-pointed brush is also a great help in removing spiders' webs, and bringing these industrious weavers within easy reach; for though spiders are not as destructive as the moth, or as offensive as some other of the vermin that infest houses, they are never very highly esteemed by good housekeepers. If nothing better is accessible, a long-pointed stick, wet in kerosene, is useful to destroy the eggs; kerosene being also highly recommended, and on good authority, as one of the best agents to destroy moths and protect woolen goods. Such a stick will penetrate and clean out crevices that the long brush can not reach.

At least once a week the edges and corners of carpets and the folds and buttons of furniture need careful examination. These are also favorite hiding-places for the moth, and where they go to deposit their eggs. Some months since we were told how freely kerosene was used in dislodging vermin, and also in putting away articles that can be injured by them. We confess we were hardly able to credit it. The lady said that a friend packed her blankets in a tight box or trunk, and, pouring kerosene over all by the quart, fastened up the trunk till the next fall, when she found every article in perfect condition, free from all smell, and in nowise spotted or greased by the kerosene; that she also put away furs, nice dresses, all that one is accustomed to pack with great care, and, covering them with a sheet, poured over a large quantity of kerosene. Every thing, the next fall, was perfectly uninjured by

moths, and entirely unspotted by the kerosene, and with none of the offensive smell which one expects will be perceptible on any thing that this oil has touched. The authority from which we received this statement is such, that we can not question its correctness; but as we have never tried it ourselves, we can only request our readers to give it a fair trial at first, on articles of no great worth, until they are convinced of either its truith or fallacy. If correct, it is astonishing, but something that will be a great relief to all housekeepers.

THE KITCHEN.

Does the mistress of the house—even one inclined to be very thorough—really know in what condition all pertaining to the kitchen is kept, when she only gives it her general superintendence, without taking hold, now and then, of some of the manual labor? Would it not be well for those employed, to know that, at such a time as they least expected, the hand of the mistress, as well as her eyes, would be known, not only in the kitchen, but in every department of the house? Those who are justly esteemed our best housekeepers, are doubtless frequent visitors to all the varied labors of the household. They do not send for cook, waitress or laundress to come to their parlor or chamber to receive the orders for the day. That is a lazy, shiftless way of pretending to do that for which a mistress of a family — the housekeeper — is especially needed.

If the servants are to have unlimited control of the different sections of household labor, which their respective duties assign them, only going to their employer's rooms to learn what is to be ordered for dinner, or how many the table is to be arranged for, a housekeeper seems to us somewhat of an incumbrance; at any rate, more ornamental than useful. Many of our best housewives are scrupulously careful, and most conscientiously go from kitchen to dining-room, from dining-room to laundry, giving the plan for

each girl's day's work, and are sure they have taken careful note of the condition of each apartment and the articles belonging to them. Returning to their sitting-room, they say to themselves:

"Well, all things considered, the girls manage to keep their separate departments in comfortable order. Of course, there are here and there points one could wish more carefully attended to; but cook would, perhaps, leave without a moment's warning were I to speak of any imperfection. The waitress, I know, would; and if laundress did not follow their lead, she'd 'sulk' for a week. So I think I am wise to take no notice of such short-comings."

Yes; there are doubtless cases where it may be wisest to shut one's mouth, if not the eyes, rather than lose a passably good servant. But, surely, this is wisdom only in cases of sickness, or a house so full of company that one is compelled to endure inefficient or slack performance of duties—but only for the time being; or, most important of all, when the lady's own health is so frail that it would be injurious to risk losing even very poor servants.

This last case, above all others, is ample excuse for a housekeeper to overlook a multitude of sins. It is but the choice between two evils—poor help, or breaking up the home and boarding. The first is by far the lesser evil. Better die than try the latter. There can be no home in a boarding-house.

But for a lady in good health, strong enough to spend her days shopping or in picture-galleries examining the choicest works of art, on her feet all day in this toil of pleasure, to which the hardest day's work in kitchen or laundry is but child's-play—her evenings also, 'way into the small hours, spent at concerts, theaters or operas, with no complaints of excessive fatigue or physical injury; for such an one to fear to notice gross neglect and carelessness, lest the unfaithful servant should leave her, is the most inexcusable cowardice.

That class of servants are not the kind who are likely to wish to tarry long in any place. However blind and easy the mistress may be, the time soon comes when from no reproof, from no cause whatever but the desire to change, they leave, on short notice, and usually at the most inconvenient time.

A good housekeeper may for a moment shrink from rolling up

her sleeves, putting on a real work-apron, and taking hold of the kitchen work in earnest. But not for long. Putting one's *hands* to the work reveals such gross neglect, and the absolute necessity that there would soon have been for a change, far better than any supervision can do. Passing round among the work, stepping into closets or store-rooms while doing some light work for cake or desserts, can not enable the mistress to estimate the true way in which her work is done. One who has not done any rough manual labor for months, perhaps years, may not willingly bend to the work, if by any rebuke for carelessness her servants leave her. For a day or two, when she first finds herself alone, all must seem strange and the work hard. She will make many mistakes and feel half discouraged. Her hands, long exempt from the rough toil, will be stiffened and sore from handling iron-ware, the scrub-brush, or washing dishes in hot suds. But this will not annoy her long. Soon she sees the great change a few hours of well-applied labor can make in pantries, dish-closets—and particularly in the dishes themselves—and then she begins to find solid pleasure in her work.

The perfectly washed dish, polished with a spotlessly clean and dry towel, is a joy to look upon. The silver takes on new luster, the glass is as brilliant as crystal, and holding it up to see if any mote or speck or lint remains, if the lady sees only the clear, transparent glass shining like crystal, no wonder her face lights up with a real and far more satisfying pleasure than she has ever felt in the finest work of art—because this freshening up and renovating every thing over the house is the work of her own hands, well and faithfully done.

When at last, from attic to cellar, order and scrupulous neatness reign, how much more a good housewife shrinks from bringing in "help" than she ever did from losing them! Such loss she has found her exceeding gain.

But she knows other duties have a claim on her time and strength, and, as a matter of duty, she must look for help. How firmly she resolves that, in superintending her servants hereafter, she will be sure that nothing shall escape her notice. She will never allow herself to form her judgment of the efficiency or faithfulness of those in her employ by trusting simply to her eyes. This last

experience has clearly shown her that the *eye* will never so readily or truly detect neglect or deceit as the *hands*. So she will constantly say to herself:

"These dishes look well. Yes; but let me take them in my hand. I shall easily know if they have been well washed and perfectly polished with a dry towel. The top may be clean. Is the bottom of the plate equally so? or, shall I find it sticky, because wiped with a damp—not overclean—cloth?"

Kettles and tin may look clean, and may have been well dried on the side of the range, or in the sun before putting away. Ah! take them up; pass the finger round the rim or binding, or where the handle or bail is attached to the kettle. How greasy! The inside seems clean, why should the outside be so important? Because, in a day or two, if neglected, there will be found a constant accumulation of greasy particles where ashes from the grate will lodge, and an ugly crust of this deposit will soon give an unpleasant, rancid taste to any food cooked therein, however clean the inside may be.

In no one article is this so apparent as in the pans used to bake bread or cake in. If not carefully washed, and as faithfully dried, so that no semblance or odor of grease can be discovered about the rim, inside or out, the undercrust and sides of bread or cake can not fail to have an impure, unpleasant taste and smell. In sheet-iron pans it is more noticeable than in tin.

All this a housekeeper who has had the pleasure of working without any so-called help for a week or two, until every utensil and arrangement about the house is in perfect order, will bear in mind when, at last, she finds other duties must compel her once more to resort to these incumbrances, and she will most resolutely determine that the work henceforth shall be so faithfully watched that never again will she be obliged to have so much to clean up after any girl. Happy the woman who does not find outside calls engross her time so thoroughly the moment she turns the kitchen work over to another, that many small things, here and there, will have escaped her notice. To what proportions will those small items have grown when next she is left alone?

BREAD, AND THE MATERIALS FROM WHICH IT HAS BEEN MADE.

From the period when mankind was compelled to provide for, and prepare their food, and learned that something more nutritious could be found than the fruits, roots and herbs that grew about them, bread from various materials was considered to be, not a luxury merely, but an indispensable necessity.

"In the sweat of thy face shalt thou eat bread," is the first mention of bread that we have been able to find; for, until Eden was closed against mankind, fruits and seeds, or nuts and berries, were all the food required. There was no necessity for cultivating grain, vegetables or fruits, and animals were not slain to sustain human life.

Bread is for the second time spoken of in Gen. xiv, 18, when Abraham pursued after those who had despoiled his brother Lot, and taken him prisoner. On his triumphant return, the King of Salem and priest of the Most High God, Melchizedek, went out to meet Abraham, and set before him bread and wine, and blessed him.

Again, Gen. xviii, 5, when sitting in the door of his tent, on the plains of Mamre, when the three angels stood before him, with that hospitality which, as with the Arabs, immediately on greeting a guest first provides water to wash the feet and then prepares food, Abraham, offering water, said: "Wash your feet, and I will fetch a morsel of bread; and comfort ye your hearts."

When Hagar was driven out into the wilderness, Abraham took bread and gave her, etc.

After this, bread is frequently mentioned in the Old Testament, and was evidently highly esteemed as that "which strengtheneth man's heart." The shew-bread, twelve loaves of which was one of the sacred offerings, was placed in the outer court of the Jewish sanctuary, to remain there untouched one day, and the next to be eaten by the priests only. If the people were disobedient and stiff-necked, the Lord threatened to break the staff of their bread: "I will break the staff of bread in Jeruselem, and they shall eat

bread by weight and with care;" "I will increase the famine in the land, and will break your staff of bread," or destroy the grain from which their bread was made. This shows how important this part of their provision was in the estimation of the Jews.

Of all food to which civilized or even the semi-barbarous nations have turned for support, none has been so universally in use, and thought so indispensable as this, from whatever made, or however rudely manufactured. Whatever grain the ancients of all countries employed, we can not learn with sufficient certainty. We know that many things were used that we should decidedly object to if offered to any of us in place of the wheat, rye and corn bread that we are so well acquainted with. To this day, in countries where our grains can not be raised or easily procured, the people find some substitute which they make into bread.

Earth-bread is made from a white earth in upper Lusatia, formerly a part of Germany, but now under the rule of Prussia; and the poor of that region to this day use this bread in times of scarcity. The earth is dug from a hill where saltpeter was once manufactured. When laid in the sun and heated, it cracks, and globules, like meal, exude from it. These are mixed with a little flour, and soon ferment, and it is then baked. Probably there is some saltpeter or soda in the earth which gives it lightness. Something similar to it is found in Catalonia, and also used for bread. It is affirmed that in cases of great need many have lived on this bread for weeks without experiencing any injury.

Fish-bread is still used in Iceland, Lapland, Crim-Tartary, and other places far north. The fish is dried, then beaten to fine powder, and sometimes the inner bark of some of the trees of that region is mixed with it, and then wet and made into bread and cakes.

Moss-bread is much used in Iceland, and considered very nutritive. The lichen or reindeer moss contains a good deal of starch. The moss is gathered in the summer, thoroughly dried and ground into meal, and bread, gruels and pottage are made from it. It is sometimes boiled in milk or whey till it becomes a jelly.

Banana-bread. All classes of people in the West Indies are fond of bananas, and particularly when made into bread. The ripe fruit is rubbed through a sieve, and then formed into a loaf and baked

in hot ashes, or dried in the sun. Before baking, it is wrapped in some of the banana-leaves. It is always provided by the people for long voyages.

Plantain-bread is made from the fruit of the plantain-tree. The fruit is about a foot long, two inches wide, has a thick, tough skin, containing a soft pulpy flesh, quite sweet, and soon becomes agreeable to all. The fruit is gathered green, the skin taken off, and the pulp roasted on a clear coal-fire a short time, then grated and made into loaves and served up as bread, or used dry like grated cheese. The plantain is very largely cultivated in Jamaica, and is a native of Asia. No kind of provision, it is said, could supply the place of plantain-bread. The natives think it far preferable to wheaten bread, or the prepared bread-fruit from the bread-tree.

Cassava-bread is made from the root called Jatropa-maniat, found in the Caribbee Islands. The juice is a deadly poison, and used by the Indians to poison their arrows; but the bread from the pulp of the root, after the poison has been extracted, is much used by the natives, and also by many others where the root is raised. We have eaten it at the South, and found it quite palatable. The root is well cleaned and scraped, finely grated, and then put in a sack made loosely of rushes. This is hung from a cross-bar over a tree, or two forked sticks, and a heavy weight put upon the grated pulp, with a vessel beneath the sack to receive the poisonous juice. When the pulp is pressed dry it is like starch, and placed over smoke to dry it becomes harmless. Then it is passed through a sieve, and kept dry till needed. It is now called cassava. When made into bread or cake it is baked by laying it on hot iron plates or on hot earth. Tapioca is made from the finest part of this root, collected and made into the irregular globules or tears, as the natives call them, by straining the whole mass while yet moist.

Sago-bread is made from the roots of the sago-tree, which grows in the islands of Banda and Amboyna, in the Malay Archipelago, the latter being one of the most important, though not the largest, of the Moluccas or Spice Islands. Indian corn has been of late years introduced, and, together with the sago, forms the most important part of the food used by the Malays. The sago-tree is cut into small pieces, which are bruised and beaten in a mortar; then

water is poured over it, and left undisturbed for some hours, while the pithy matter, which is the meal or sago, settles. When this is accomplished the water is poured off, and the meal dried, then formed into cakes, or fermented and made into bread. Those who have visited those islands, and eaten of the bread as made by the natives, pronounce it almost as good as our wheaten bread. The trunk of a single sago-tree will yield 600 pounds of sago, and 430 trees can be planted on one acre of ground, producing 120,500 pounds.

The Hottentots make their bread from another variety of the sago-tree. They collect the pith from the wood, and tie it up in a calf or sheep skin that has been well dressed, and bury it for several weeks in the ground. This makes the pith tender and mellow, when it is made into cakes or thin loaves of bread, and baked under hot embers. Sometimes this pith is roasted, and then made into a porridge. The pith of this variety of sago-tree is that used in commerce—granulated by being passed through a sieve while still moist.

The bread-fruit tree grows in the South Sea Islands. The tree is about the size of a well-grown oak; the leaves are of oblong shape, sometimes a foot and a half long, about as thick as a fig-leaf, and of the same color, though not the same shape, and veined or marked like it. The fruit is wrinkled something like the truffle, and about as large as a good-sized egg-plant. The skin is thin. There is a core inside about the size of a finger. The part used as bread lies between the skin and core, is very white, and very like new bread in appearance.

To prepare the fruit for use as bread, it is roasted whole or cut into small pieces. When baked in an oven it becomes soft, and is something like a boiled potato, though not as good as a first-rate mealy one.

The Otaheitans have three modes of using the bread-fruit. When ripe they put milk or cocoa-nut milk to it, and beat it to a paste with a stone-pestle. It is then mixed with ripe plantains or with bananas.

BREAD MADE FROM CEREALS.

Having given the history of bread, we will now endeavor to trace its manufacture out of the various cereals or grains that were substituted in the place of the various combinations, from the beginning to the present time.

The goddess Ceres was supposed to preside over all kinds of grains or cereals, and Pan is mentioned by a few authorities as the inventor and god of bread, although we find very few who indorse that theory. The Greeks, however, deified all discoverers; but bread was known by the Chaldeans, Egyptians and Israelites long before these Greek traditions were known. The word bread signifies something "brayed" or pounded in a mortar: thus brayed wheat, or wheat-bread; brayed oats, or oat-bread. It was formerly spelled brede. Dough is derived from the Anglo-Saxon word "deawian," to wet or moisten. So dough, or dow, means wetted, and, therefore, bread, or brayed corn or grain, by being moistened or wet, becomes dough. Loaf comes from the Anglo-Saxon word "hlifian," to raise or lift up. So bread, or brayed corn, being wetted, becomes dough, and leaven, or yeast, being added, it becomes loaf, or raised bread.

Even after grains of various kinds were cultivated in a rude way, and used for food, the art of making or baking bread was unknown to many nations, and the grains, pease and beans were made into porridge, no other use of this meal—which was ground in their rude mills—being known. It was long before the Romans had learned the art, except only so far as to make unleavened bread or cakes.

Bread made into loaves—that is, raised bread—is, to this day, seldom seen in Northern Europe and Asia, except among the rich or the nobility. In the Swedish towns and cities, bread or loaves are common, but not among the lower classes and the country people. At one time the captain of an English vessel requested a baker of Gottenburg to bake a large quantity of loaves, or raised bread. The baker refused to undertake an order of such magnitude, saying it

would be quite impossible to dispose of such an immense order, until the captain agreed to carry off with him and pay for all that were not disposed of during the time his vessel was in harbor.

At first, as bread from grain began to find its way among many different nations, the Asiatics introduced the custom of sweetening all kinds of bread, and the Romans received their first ideas of making bread from them, and carried some of their bakers to Rome to introduce their art among their people; but even then most of the bread used in all countries was unleavened. At what period fermented—leavened or raised—bread was first discovered, or by whom, we can not learn; and for years, even after many kinds of grain were in common use, raising the bread was not understood. It was known to the Israelites, the Egyptians and Grecians, but was not known in Rome until two hundred years before the Christian era. They first learned of it during their war with Macedon. At the close of that war a few of the Grecian bakers were persuaded to go to Rome and practice their art among that people. The bakers were highly esteemed. In the reign of Augustus, that Emperor caused many bake-houses to be erected, and placed them under the control of the Grecian bakers. Many privileges were granted them, and the public granaries were placed in their charge.

From Rome this art found its way into Gaul; but its progress in the northern parts of Europe was very slow. There is reason to believe that some of the ancient people had also a little knowledge of the manufacture and general use of yeast—leaven being the nearest approach to it—and that in its crudest forms. But any such innovation on old customs or invention, must run through a long period before it will be accepted and adopted universally. It was not until nearly the close of the seventeenth century that yeast became commonly, almost universally, used throughout Northern Europe. It was about this time that the bakers of Paris brought yeast from Flanders as a substitute for leaven. But even then it was not accepted without a long and tedious struggle. Although none could deny that the bread made with the help of yeast was very greatly superior to any before seen in Paris, the French government forbade the use of yeast, because the College of Physicians affirmed, in 1688, that it was injurious to the health. But this

prohibition was evaded. The yeast was made in Flanders, and put into sacks until the moisture was all drained off, when it was brought dry into Paris privately. The superiority of yeast-bread was soon recognized; the learned assertions of the medical faculty were forgotten; and as the bakers continued to make the bread, without attempting discussion, the laws against the use of yeast very soon passed out of mind, and no one seemed inclined to remind the law-givers of them; and, from this, yeast-bread found its way at last into parts of every country.

Leaven is simply a little dough set aside till it sours, or a piece left from the last baking. If this piece of sour dough is rubbed into the flour for the next baking, and the whole wet and kneaded together, after awhile the sour dough or leaven will act as yeast, and cause the whole mass of dough to rise. Very excellent bread can be made with leaven if, before kneading it with, and thoroughly incorporating it in the dough, a little soda is dissolved in cold water, and worked into the leaven or piece of sour dough. This sweetens it, and aids it to rise in less time. But with the ancients this mode of sweetening the dough or leaven was not known, consequently their bread—although much of the acid was destroyed or thrown off by baking—could never have the sweet, pure taste that good yeast-bread should always have.

With all the light that has been given since the seventeenth century—and the learning and experience that through all these years have been accumulating—it would seem that poor bread should soon be so entirely a thing of the past that the idea would be like one of the olden myths. But poor bread is far more common than the perfect bread, which could be so easily made if those who have the charge of it would learn the true way in youth and follow the best rules exactly. No rule is worth giving which is not worth following to the letter. Home-made bread should always be the best, because there should be no temptation to adulterate or combine foreign articles with the flour. Public bakers are often tempted to mix substances that may make their bread look nicer, but are really a great injury. Alum is often used to increase the whiteness of the bread, and, by so doing, enable the bakers to use an inferior quality of flour. But alum is injurious to the health.

After long use it deranges the stomach, producing dyspepsia and many other irregularities in the system.

Good bread can not be made from new flour. It certainly should not be used till a few weeks old, and some insist that it should be several months, or even a year old, before using. We think that is altogether too old. If too old, the sweetest, best quality of flour will deteriorate, and, if not musty, will at least have a stale, old taste, not at all agreeable.

But whether baked at home or in a public bakery, really good bread can not be had unless attention is paid to the work by one whose judgment can be depended on. There are three points that demand the best care and skill, and upon which the nature of the bread will depend: First, the quality of the flour used; secondly, the quality of the yeast; and, thirdly, the skill and care of the baker. To judge of good flour, take up a pinch between the thumb and forefinger, press it closely between the fingers, and at the same time rub it gently between the fingers so as to give a full surface; and this rubbing and pinching will show the true color. If it feels loose and lively in the hand, one may safely count it as of good quality. If it is clammy, damp or dead to the touch, it is unmistakably bad flour.

Experience and experiment soon teach one to judge of good yeast; and these two are the only reliable teachers in the matter. If the yeast gets sour, it will not, by any remedy, enable one to make the best of bread. If it is too bitter, or leaves a bitter flavor in the bread, it can be remedied. In this case pour on a good quantity of water, let it stand several hours, and the thick part or substance of the yeast will settle at the bottom. Then drain off all the water, which will have taken up the bitter property of the yeast, when the thick part can be used without any injury to the bread. A little soda will correct acidity in bread, but it takes off much of the pure, sweet taste of good flour, which is the most desirable quality in bread.

Salt is always necessary in making good bread. The dough will rise better for it, and it gives a better flavor to the bread, which otherwise might have a somewhat insipid, raw taste. But the great mistake, we think, is in using too much salt. When no more than

one or two teaspoonfuls should be used, many of the receipts will direct that there should be "a handful"—rather indefinite, as there is much difference in the size of the hand; or some will call for one or two great spoonfuls. For a common family-baking that is altogether too much, destroying all taste but of salt.

No invention for ovens has yet given us any that will secure, in the family, such perfect baking as the old brick ovens. Of course, similar ovens used in public bakeries will give the desirable excellence; and those who live near a bakery can avail themselves of such locality, and have bread and cake baked in them. But, when baking bread in a stove or range, more skill and watchfulness are required; a little too much heat, or too little, will injure, if not ruin, a whole baking.

SELFISHNESS AND RUDENESS AT THE TABLE.

Among the small things which, if unchecked, would prove life-long annoyances, none are more conspicuous or more disagreeable, than the rude, boorish, selfish habits so frequently developed in the conduct of children at the table. Here, as in all that is connected with the early training and education of children, parents should realize that they will be held accountable, in a large measure, if those committed to their care and guidance grow up with careless and reprehensible table-manners.

If parents commence in season, it is not hard to teach any child old enough to be brought to the table (and that, we think, should be as soon as they can be taught to feed themselves, if only with a spoon), to be quiet, and wait patiently until the older ones are served, instead of allowing the child to call for its portion the moment it is seated, and, if delayed, *demand* something vociferously, emphasizing its wishes with loud screams and violent blows on the table and dishes. If this mode of gaining its own way is attempted, and the parent removes the little tyrant from the table for a short season of private admonition, the discipline will be found

efficacious, and will not require repeating often. Of course, this will interrupt, for a few moments, the pleasant harmony which should be the crowning pleasure of each meal. But it will not recur often, and is a small price to pay for the comfort and honor of having our children become well-mannered, pleasant table-companions.

Of course we would not advocate bringing very young children to the table when one has company. That would not be courteous or respectful to guests. But when only the family are present we think the earlier children are taught to sit at the table with parents, brothers and sisters, and behave properly, the more surely will they secure good, refined table-manners.

It is not difficult to teach a very young child to make its wants quietly known to the proper person, and at the proper time. But what can be more uncomfortable and annoying than to sit at a table where the children, from the oldest to the youngest, are the dominant power, never waiting patiently for their turn to be helped, but calling loudly for whatever they desire, impatient if it is not brought to them on the instant? If attention is not given as soon as the words are out of his mouth, how unpleasant to see a child standing on the rounds of the chair, or reaching over other plates to help himself to whatever he desires! Parents can, with very little trouble to themselves, save their guests from witnessing such rudeness if they begin when every habit is yet unformed.

As soon as a child can speak, he can be taught to ask for what he needs in a gentle, respectful manner, when requiring service of the nurses or the waiter, as well as of his parents and superiors. "Please push my chair up closer." "Please give me some water." "Please pass the bread." And when the request is complied with, accept it and say, "Thank you." What hardship is there in requiring this from children just beginning to talk, as well as from older lads and lassies? It will require but a very few repetitions of the lesson for the youngest to understand that it is the only way by which their wishes will be complied with; and it is surprising to see how soon this mode of calling attention to their wants becomes as easy and natural as breathing. Parents are culpable who do not

give their children the advantage of such instruction, and enforce it until they have no idea of asking in any other way.

And yet how many give no heed to this duty! How many hear their young charges calling impatiently or arrogantly, "Give me the butter, Jane!" "Pass the bread this way." "Can't you hear, Jane? I've told you two or three times to give me some water." Or some may soften their imperious demands a little, by saying, "I'll take the bread, please;" or, "Hand me the salt, Jane, please;" but the "please" is too far off to be very pleasant. It seems an after-thought.

Whispering, loud talking, abrupt calls for any article on the table, beginning to eat or calling to be helped the moment seated, before the oldest are served, is, in the highest degree, rude and vulgar, yet by far too common. Some natural feeling of restraint or diffidence may keep the young more quiet when at a friend's table, for part of the meal at least; but they can lay no claim to refinement or good manners if they use politeness only when among strangers—keep it laid away, like a new garment, to be put on occasionally, and to be thrown off as speedily as possible because, not being in habitual use, it become irksome.

Many other habits creep in and find permanent lodgment, if the parents are not watchful of their children's behavior at the table. Picking the teeth; handling the hair; carrying food to the mouth while leaning back in the chair; rocking or tilting the chair back and forth while eating; filling the mouth too full; eating rapidly and with much noise from the lips; sitting with elbows on the table—all these, and a multitude equally vulgar, can be met by a careful mother's vigilance before they have time to take deep root, but, if neglected, will stamp a child with coarseness and vulgarity, no matter how exalted the station he was born into.

LABOR-SAVING MACHINES.

Imagine the expression of incredulity, if not contempt, on our grandmothers' faces, had they been told that numberless machines would be invented to lighten the coming housekeeper's labors. Yet the most successful of all these inventions is not half so efficient as the quick eye and guiding hand of a housekeeper who fulfills her duties with kindness and also with unflinching firmness. No mechanical invention will ever give the best results, unless under the direction and general supervision of some judicious, well-disciplined, controlling power. It was because of such judiciously applied practical knowledge that the housekeepers of olden times accomplished so much more, with little or no help, than many modern housekeepers succeed in doing, or having done, with a large retinue of servants. Perhaps, indeed, the increased number of servants, which modern housekeepers think indispensable, may be, in part, the reason for the increased vexations and labors of housekeeping. In nine cases out of ten, two sensible girls, under the eye of a wise and competent mistress, will accomplish more and better work, and with less fatigue for both mistress and maid, than when interrupted and hindered by a third. But even if there must be three, a third more work will be done with three than with four. When the number rises above four, any housekeeper may as well give up in despair.

Some one, writing on the trials and perplexities which surround the housekeeper, remarks: "One of the most urgent of the unsolved and irrepressible questions of the times, relates to the trials which modern housekeepers experience in their efforts to manage their households satisfactorily, and still have time for needful rest and social and mental culture."

This question will not be so puzzling to those of our good ladies who fully understand the wonderful utility of that best of labor-saving machines—which made the model housekeepers of olden times so wonderfully efficient—systematic, methodical labor. All the patent machines in the world will not prevent household management and labor from being an intolerable burden if there is not

some one at the head who not only works herself, by a well-arranged, systematic plan, but has the skill and intelligence to teach those in her employ to follow her lead and carry out her plan of work through all the various duties of the family.

If one finds it necessary to do the work of a household with her own hands, unassisted, it may be often harder work than is quite agreeable at all times or always comfortable. But if she works systematically, having each part of her labor for the next day clearly mapped out in her mind, before she retires at night, she will soon learn how to save time and steps, and yet keep all the machinery running smoothly. While doing the most laborious part, she can comfort herself with the knowledge that, by working alone, she escapes the hardest part of a housekeeper's duties, the oversight of help, and meanwhile will be able to secure many hours of rest—that rest which comes by a change of work and position; substituting reading, writing, or some intellectual pursuit or social relaxation, for manual labor.

But, efficient as our grandmothers were, we do not think they could have sent down to us so grand a record if they had not been able to secure an entirely different class of help from that which is usually found at the present time. Servants in those days better understood the nature and amount of the duties their employers paid them for doing, and expected to have done. Without being servile, they were more under the control of their employers than the present class of help. They were not thought fit to fill any place unless they had been thoroughly trained to perform its tasks. Employer and employé distinctly understood, from the first, that they were to be held accountable for neglect or short-comings in any of their duties, and that any destruction or damage to their employer's property, by breakage or carelessness, would be deducted from their wages.

Both mistress and maid knew their appropriate places, and no undue familiarity, on the part of the lady emboldened the maid to take liberties in speech or manner, as is now so common. Servants were not allowed to be out without permission, nor to keep late hours; to receive company without permission, or until their work was done; or, in their dress, to pattern after the lady of the house

so closely that a stranger might mistake the maid for the mistress. But though kind in most cases, and particularly careful of the health and comfort of those in their employ, the housekeepers of olden time did, unquestionably, secure better and more abundant labor from their servants.

It is seldom that our housewives look into the easily concealed parts of their servants' work. There is much said of careful investigation and daily supervision; but how many are so thorough in their researches as to handle the implements used in the kitchen, for instance? That sauce-pan, skillet, gridiron or griddle looks nice and tidy, as the lady passes through, or stands in the kitchen to give her daily orders; but in such cursory observation, what can be known of the real state of utensils in which our food is daily prepared?

If but once a week, let the mistress make the only kind of examination that can give her a clear insight into the manner which her servant's work is done, and in a large proportion of cases she will be dumb with astonishment. Let us make the investigation together this evening, when the labors of the day are finished, and, if ever, all should be in order, and every utensil thoroughly clean: "There! do you not see, Oh critic, that my stove or range is perfectly cleaned and nicely blackened—the hearth around it swept up and well scrubbed? What more could you ask?"

Not so fast, please. Just lift the cover. Is not the grate half filled with ashes, clinkers and half-burnt coal, instead of being entirely freed from all this, and kindlings laid all ready to start the fire in the morning? Take off the other covers; lay the whole top of the range open. What do you think of it, you who claim to have kept a watchful eye over all the departments of your kingdom? The whole upper plate is packed with ashes and cinders, that obstruct the heat, waste your coal, burn out the whole top in less than a year, when it should have lasted a score, and cause the ovens to act in a most unsatisfactory manner. You have only looked on the surface heretofore, but now have a slight insight into the interior. Now draw out the ash-pan. Packed full of ashes, and the hearth beneath so filled that it raises the pan almost even with the grate. Well; enough with the range just now. You

have seen what has hitherto been concealed, and continue your investigation in that line when you call in the range-maker to put it in good order.

We will now pass on to the cooking utensils. Please take down that sauce-pan, which you think looks nice and clean. The handle slips in your hand, because it is so greasy; the inside, which should be as smooth as glass, is rough and jagged, where fat has been scorched or burnt on, and never half scoured off. Look inside skillets, kettles and pipkins, and find them coated with burnt sauces, gravies or vegetables that have never been faithfully cleaned out. No wonder you often ask what has given an unpleasant flavor to such food as was prepared in them. The gridiron is equally unclean. Look in the drawer where various smaller utensils are kept, or on the nails where they hang. Spoons, ladles, strainers, are all slippery from having been but half-washed and wiped. How often have you remarked a foul taste to your steak, as if half-putrid, when you know it has but just been brought from the butcher's! Look at the steel, long-toothed beefsteak-pounder and find the solution. It is packed full and hard with meat and fat from half a hundred steaks that have been pounded with it since it was thoroughly cleaned.

But time and space would fail to go with you through all your domains. You have now the key, and can unlock all the hidden places. You can, if you will, see what is covered up in your laundry, dining-room, behind the sofa, under picture-stands, etc., in your parlor, in your bedrooms, attic—every-where; and, if you please, can, by a few hours' overhauling, have all these concealed disorders cleansed, and your servants taught that, for the future, you will make no more surface investigation, but keep a wholesome supervision of every part of your domains. It will not increase the labor, but very much lighten it, when perfect order and system control the whole of the household operations.

LIONS IN THE WAY.

Many young housekeepers—and, indeed, some who have had years of experience—shrink in alarm at the thought of attempting to manufacture certain dishes, because they have an erroneous fancy that none but "experts" can succeed. On account of this fancy many articles are seldom used, except at stylish parties or in fashionable houses, where none but professed cooks are supposed able to find a position. This is a great mistake. If one will try the experiment two or three times, it will soon be seen that there are no "lions in the way;" that the great mystery supposed to be wrapped about the correct combination of these articles, if one would secure a satisfactory result, is all a myth. Once tried, and the directions strictly followed, many dishes will become common property that are now held in reserve for grand occasions. After some few trials, good judgment and sound sense will teach the housekeeper how to modify the directions, so that the article may not be too rich or too highly seasoned.

When a young housekeeper has learned that she can herself make any thing for her table that she chooses, and that, after a few experiments, the work will be found so simple that many delicacies can be kept on hand with little trouble, which will help to embellish the table when caught by unexpected company, or, better still, give it an air of true elegance and refinement for the pleasure of the home circle, she has then secured independent and firm foundations in her department for the remainder of her life. She has placed herself above all fear from any unlooked-for contingencies.

There are various articles of food that can not be explained to an inexperienced hand without a more elaborate description—more minute rules and details—than would be at all necessary for one thoroughly initiated. To make the whole process plainly understood by the beginner, it is not so important, in many cases, to be elaborate as it is to be minute, and that necessitates many words. In these cases the pupil is frightened at the length of the explanation

before she has taken time to ascertain what the words imply. "Oh! one, two, two and a half pages just to give a receipt! I'm certain I should never dare attempt to make that. I never could succeed!" If, instead of being so easily discouraged, the young lady had read the two pages through, she might have found that all those words were not the receipt, but simply an explanation of the reasons for the rules to be given. Nothing can be well done if one does not clearly know the reasons for doing it in a certain way.

Many suppose that boning a turkey is one of the most elaborate and difficult things to do that is ever set before our guests. On the contrary, although it must take longer to prepare it properly than it would to roast or boil it, the whole work is simple. Once done, a boned turkey is an economical dish for a relish, or when an unexpected or hasty lunch or tea must be prepared. Of course, any dish of that kind may be made expensive; but it is better, even without looking at it from an economical point of view, to be simply prepared.

A boned turkey bought at the confectioner's for a party will cost from ten to twelve dollars. Now, one can be prepared at home for five dollars, which, after a little practice, will be just as good, and, in many things, better than any that can be bought for double the price. Those in which truffles are lavishly served, will, of course, cost more, whether made at home or bought at the shop.

Just so with many other fancy articles which can be made just as well at home, and often much better, and thus be no more expensive than many things in common, every-day use. No cream-cakes that were ever purchased at baker's or confectioner's were half so nice as a good, sensible housewife can make herself. The best Charlotte-russe we ever tasted has been home-made, and the same is true of ice-creams. With good milk from one's own cow, no housekeeper need be obliged to depend on the baker or confectioner for these luxuries. Next to one's own cow is the comfort of feeling sure that the milk is bought from an honest man not in partnership with the pump on the corner. Then one can still be

sure of pure, unadultered cream-cakes, Charlotte-russe, ice-cream and any nicety requiring good milk and cream of a much more satisfactory character than any which is bought.

LEMONS.

Any thing much talked of or discussed in a general way, naturally brings forward many inquiries after more specific or practical information. We have on hand several letters requesting more light as to the medicinal qualities of the lemon, and also directions how to use them for household purposes, and how best to keep them.

Unfortunately our medical and scientific attainments are limited, and we hesitate to speak confidently, except on a few points where we can claim some little practical experience.

As a medicine for rheumatic troubles or bilious tendencies, in most cases the lemon is invaluable, if used with judgment and moderation. But we do not believe, as some do, that persons suffering from dyspepsia should venture on the free use of lemons in any form; on the contrary, as far as our observation extends, a large proportion of such cases are greatly aggravated by it. In dyspepsia the whole mucous membrance is usually more or less sensitive, and the coats of the throat and stomach have a tendency to an inflamed and irritable condition. In such cases the acute acid of the lemon must be very severe, and even when diluted, except in very peculiar constitutions, the use of it can hardly be a safe experiment; certainly not except under the immediate watch and advice of an experienced physician, and then we are rather skeptical as to their knowledge and judgment; but even if without unquestioning confidence, it is a comfort and relief to have some one near, in case of failure, upon whom one can throw all the responsibility and blame, when advice and remedies do not effect a cure, or at least decrease the suffering.

The scurvy, once so feared by sailors when making long voyages, is now seldom heard of. We are informed that the freedom from this terrible evil is chiefly attributed to the lemon-juice given to

the sailors freely, as a part of their regular rations, when on a long voyage.

The juice may be preserved a long time by filtering through a flannel bag or "tamis" to clear it from seeds or any sediment; then put it in a bottle, and pour over the top a spoonful or so of olive-oil. Cork closely, and put in a cool place. When needed, uncork and dip carefully into the bottle a clean linen cloth tied to the top of a skewer or small stick. The oil will adhere to the cloth and be all taken off, leaving the juice as clear and nice as when first bottled. Be particular to uncork a small bottle if only a little is to be used, as it will keep but a day or two after uncorking, unless decanted into a still smaller bottle and the oil returned to it. Even then it will not keep so well as at first.

Lemon-juice, protected as above stated, is exported in large quantities from Italy and Turkey to many parts of the world. The juice is also, when just expressed, often crystallized, and can thus be preserved in any climate for an indefinite length of time; but, of course, this crystallized acid is much inferior to the pure juice. Still it is valuable as a substitute when the fresh article can not be obtained. There is so much of a mucilaginous nature about lemon-juice that, without some artificial means, it will not keep long, and it is very convenient, especially when traveling, to secure it in this crystallized form.

When a cooling drink is desired, dissolve a small portion of the crystal in half a tumblerful of water, sweeten, and, if not acid enough, add a little more till the proper quantity is secured. Then, in another tumbler, dissolve a small powder of carbonate of soda, and, as in preparing soda-water, pour it into the lemon-water, and a very fair substitute for lemonade is the result, and with the effervescing quality as an additional attraction. But in the crystallized state the aroma of the lemon is lost, as the flavor is all derived from the peel. To secure this, rub some lumps of loaf-sugar over a fresh lemon until enough of the oil or flavor has penetrated the sugar to give the requisite aroma to the beverage, and dissolve with the crystallized juice.

Lemonade may be prepared and bottled ready for use that will keep in a cool place several days. Rub lumps of loaf-sugar over

several lemons, then squeeze out all the juice from half a dozen, sweeten quite sweet with granulated sugar, adding the lumps that have been saturated with the oil from the rind. Then pour on sufficient boiling water to make it palatable. When cool, bottle it till needed, and then add plenty of ice. Or squeeze fewer lemons, unless for a large company (the taste must decide how many), and use it as soon as cool and well iced.

We notice that the idea of pouring boiling water to the juice is recommended in making lemonade for daily use, as it is stated it will destroy the bitter taste often noticed in common lemonade. We have never tried it, and give it as being sustained by the best authority. But we imagine if the lemons are well washed, and, if not perfectly fresh, scraped enough to take off just the thinnest coating of the rind, and then rub loaf-sugar over the peel instead of cutting the peel into the water, there will be no bitter taste.

TURTLES.

The green turtle is the most highly esteemed of all that class of food which is the epicure's delight. The flesh is of three colors. The dark-red is called "beef," the lighter parts "veal," and the white "lamb." The fat is of a greenish color. Steaks are cut from the hind-quarter, and are the most delicate and delicious part of the turtle.

In preparing a turtle, hang it up by the hind fins, and then cut off the head. Let it hang five or six hours, then take it down and very carefully cut off both the upper and under shells, remove the interior parts, and cut up as desired.

Green turtles from the West Indies and Florida are brought into market from May until cold weather, and occasionally during the winter.

The "terrapin," found in the Middle and upper Southern States, and in the salt marshes of the lower sections, is considered by epicures one of the greatest delicacies to be found in Philadelphia, Baltimore

and Washington. There are several kinds of the small turtle known as terrapins, but only the dark shell, "diamond back," is genuine. They are but pigmies (weighing from three to eight pounds) by the side of the green turtle, which often weighs from fifty to five or six hundred pounds.

The soft-shell turtle is also considered as among the luxuries.

The "logger-head turtle" makes an excellent soup. It is small and fat, and worth very little except for soup.

The ordinary snapping-turtle weighs from two to five pounds, and is by some considered "good eating" and savory. The larger ones have a strong, unpleasant flavor, like musk.

The fresh-water turtles that we find in our ponds and rivers are thought very good by many. The eggs of all turtles are considered excellent--therefore the female is the most desirable.

Most turtles can be kept for many days in the cellar without food. They require no heat-making food, being cold-blooded; and, lying nearly torpid in the cellar, they don't grow poor. It is said that a turtle in the cellar emits some odor that will banish rats and mice.

Most grocers keep the dried turtle, which, if properly cooked, makes quite a good soup, and is much more economical than fresh turtle.

Turtle-eggs are very plentiful in the region where the turtle lives. They lay three times a year, and about one hundred are deposited for one brood. The egg is round, about the size of a hen's egg, and consists only of a yolk inclosed in a thin skin, and is very delicate and nutritious.

A Baltimore receipt for stewing terrapin is as follows:

Drop two full-sized terrapins into a kettle of boiling water, add a little salt; let them boil until the upper shell will come off easily—which it will generally do in an hour. Take off the shell with much care; take out the gall without breaking it—it will be found imbedded in one of the livers—remove the sand-bag and intestines if desired, though by many they are thought to be the best part of the turtle. Pick up the meat into small pieces, but leave in all the bones. Place all the juice over the fire in a sauce-pan. If not sufficient in itself for the sauce, add what is lacking in boiling water.

Put the picked-up terrapin into this liquor, and, when thoroughly cooked, cream a quarter of a pound of fresh butter with one tablespoonful of plain flour, and one of browned flour; add salt and pepper to taste, and half a teaspoonful of ground cloves, and put with the creamed butter to the terrapin. Boil the whole ten minutes, stirring constantly to prevent scorching. Some, before removing from the fire, stir in a gill of wine. Most people not living near its native places, ruin terrapin by adding too many things, which hides the real flavor—as one would suppose wine would do.

A Philadelphia receipt proceeds as above in boiling, then cleans the entrails, breaks them into inch pieces; to each full-sized terrapin take a quarter of a pound of butter, rub into it one tablespoonful of flour, the yolk of an egg half boiled, and one wine-glassful of cream; add salt, pepper, cloves, mace, nutmeg, cayenne and mushroom catsup, if desired; though many prefer it with salt and cayenne, pepper only, enjoying the true flavor of the terrapin unconcealed by so many condiments. Put all these into the sauce-pan with the terrapin, and let them boil a few minutes, and, if palatable, add a slice of lemon. If more gravy is needed than what is made by cutting up the terrapin, throw the shells into the water in which they were boiled, and let them boil briskly a few minutes. The water in which terrapins are boiled is very rich and gelatinous, and is used as stock. Just before serving, add a wine-glassful of sherry, port or claret, if desired. As a matter of personal taste alone, even if not of principle, we reject all food in which wine or brandy is used, but leave others to decide for themselves.

Green-turtle soup is a very elaborate and expensive article of luxurious food; but for the benefit of those who live where turtles are abundant, and for those who are curious to read about, if not to taste, so aristocratic a dish, we give the details from the beginning:

The day before the soup is required, hang up the turtle by the hind fins, cut off the head, and leave the turtle to bleed and drain all night. In the morning lay the turtle on its back on the table, cut off the fore fins, separate the calipash (upper shell) from the calipee (under shell), beginning at the hind fins. Cut off all the fat that will be found adhering to the calipash and the lean of the calipee. Then cut off the hind fins. Remove all the lean meat from

the calipee, and also from the fins. Cut this meat into pieces two inches square, and put into a stew-pan. Hold the calipash, calipee and fins in scalding—not boiling—water for a few minutes, which will cause the shells to separate easily. This done, cut them—the calipash and calipee—into pieces six inches square, and put them into a stock-pot with some light veal-stock. Boil until the meat is tender, then take it out and put it into cold water. Then free the meat from the bones, and cut into inch square pieces. Return the bones to the stock, let it boil gently two hours, and then this portion of the stock is fit for use.

Cut the fins into pieces an inch wide, boil in stock with an onion, two or three cloves, a fagot of parsley and thyme, and a sprig of sweet basil and marjoram. When these are tender, take them out and add this stock to the other.

Now put the lean meat into a stew-pan with a pint of Madeira or sherry, four tablespoonfuls of chopped green shalot, two sliced lemons, a bunch of thyme, marjoram, sweet basil and parsley and savory—about a tablespoonful of each when chopped; there should be a little more than double the quantity of the parsley. Pound together one nutmeg, twelve allspice, one blade of mace, five or six cloves, and a tablespoonful each of pepper and salt; add a teaspoonful of curry-powder, and put two-thirds of this to the lean meat, with a quarter of a pound of fresh butter and a quart of stock. Let the whole stew gently until the meat is done.

While the turtle is in preparation, have a large knuckle of ham cut into small dice, and put into a stew-pan with four large onions sliced, six bay leaves, three blades of mace, twelve allspice, three-fourths of a pound of butter, and cover with veal-stock. Let this all simmer together till the onions are melted, or like jelly. Shred fine a small bunch of basil, a larger one of thyme, savory and marjoram, and put to the onions, keeeping them as green as possible. When done, sift into it a little flour, enough to thicken the soup. Then by degrees add the stock in which the calipash and calipee were boiled, and the seasoning stock made from the lean turtle-meat. Boil all together one hour, then rub through a very fine strainer or woolen cloth; add salt, cayenne and lemon to suit the taste. Now put in the meat of the turtle—let all boil together half an hour.

These directions are for a turtle of about fifty pounds, and the ingredients can be increased or diminished according to size.

If there are no turtle-eggs, boil three common eggs hard; make the yolks into a paste with the yolk of an uncooked egg, roll into small balls, and throw into boiling water ten minutes to harden.

For the force-meat balls, mince a portion of the meaty part of the turtle, beat up with it half of an anchovy, a piece of celery boiled tender, the yolk of a hard-boiled egg, and two tablespoonfuls of bread-crumbs; season with cayenne, mace, salt and white pepper. Moisten this with a little oyster-liquor, a lump of butter warmed, and a well-beaten egg; roll it into balls and fry in batter.

A turtle is not considered to be in perfection unless weighing from ninety to one hundred pounds, and, consequently, unless on some special occasion when a very large company is invited, a whole turtle would not be used in one family. Therefore, in ordinary cases, some *consommé* (or very rich gravy from stewed meats) should be prepared according to directions, and two or three quarts of turtle-meat bought from some wholesale turtle-dealer, where it can always be had in perfection, if, as is usual in large cities, such an establishment is to be found. If not, it can be obtained from large hotels or steamers just ready to sail, where this soup is made often in large quantities.

Real turtle-soup is a very rich soup, and expensive, and is not likely to be used often.

FIRST USEFUL—THEN ORNAMENTAL.

"A girl who can put on a square patch may not be so accomplished as one who can work a green worsted dog on a yellow ground, but she is of far more real value in the community."

It is possible that, in olden times, too much stress was laid on the importance of training girls to mend and darn so exquisitely that it would be difficult, almost impossible, to discover that there had been any necessity for the labor; but if there was any error in

teaching and exacting such perfect work, it was a fault "that leaned to virtue's side," and, beyond all comparison, better than the wretched "botching" to be found on the raiment of some—of many—of the girls of the present day. Laundresses that wash for school-girls could make strange revelations of neglect of garments and careless repairs, were not their lips sealed through fear of losing good customers.

When a broken stitch is allowed to go on uncared for until it has become a hole so large that the stocking can not be longer worn without some repairs, and is then drawn up into an ugly bunch—hard enough to blister the feet—instead of being nicely darned; or when a tear or rip on dress or under-garment is pulled together with thread coarse enough to injure the fabric, who is to blame—the mother or the daughter? What instruction has ever been given the young girl about looking out for the beginning of evil in her wardrobe? Has she been taught to darn or to mend every rent or rip, the first possible instant after it was discovered, and to do it neatly?

Oh, no! Her music or drawing lessons, her French and German and dancing, are apparently of more importance than such useful work as mending or darning. Indeed, there are far too many young girls from whom the most rigorous application to fanciful accomplishments is exacted, whose mothers have never taught them to sew decently, if at all. When the mothers of these young ladies were girls of ten or twelve, they would have been ashamed to have had no more practical knowledge, or have proved themselves such utterly useless members of the home circle. Why should they thus defraud and dwarf their own children? It is not a very remote period to look back to, when, if mothers had permitted their daughters to enter womanhood ignorant of domestic arts, or unable to keep their own garments in proper order, they would have been thought incompetent to have the charge of children, destitute of that affection that seeks the present best good of those committed to their charge, and is anxious to secure their future prosperity.

If parents never before realized the importance of securing a thoroughly practical education for their children, the "hard times," which of late have pressed so heavily on all classes, must now surely show them the absolute necessity of such training. This practical knowl-

edge is quite as important for our daughters as for our sons. Give both every accomplishment, and of the highest order, that can be secured without deducting the smallest fraction from the far more valuable practical instructions that in mature age may save them from much suffering and acute mortification. There are none so prosperous that they may not be placed in positions where they would gladly exchange the rarest accomplishment for a little of the efficient executive ability which in their youth they so lightly esteemed. In such cases our daughters will suffer more than our sons if the practical part of their early education has been neglected.

If a young lady has what in these days is the rare skill of compelling her needle to assist her in carrying out all the requisitions which will enable her, with scant materials, to keep herself neatly and genteelly clad; if she can turn, remodel, piece neatly, cover the lack of material by some simple and appropriate trimming until she makes an old, dilapidated garment look "amaist as weel's the new," she will have cause all the days of her life to thank the mother who led her in the way she should go; and whatever changes or vicissitudes may be sent, she has far less to fear than those who, in prosperous days, are only fanciful ornaments of their homes, but when the evil days come will, through their ignorance, become oppressive burdens upon those who must provide for their support.

FALL CLEANING.

The summer is over and gone; cold nights and mornings have so frightened and subdued the flies that it is easy to hunt them from the house, and by a little extra watchfulness prevent their again gaining possession. The sun, still quite warm and summer-like in the middle of the day, tempts them out from their hiding-places, and they will swarm in at open doors and windows, if unprotected by wire and net-frames, in great numbers. Take care that these safeguards are doing duty whenever windows or doors are opened for ventilation or comfort, else these skillful little maneuverers will

soon gain access. Drive them out toward night into the cool evening air. A few really cold nights will free you from these vexatious intruders, and enable you to commence *fall cleaning* in peace and safety. The danger always is, that this part of fall labor will be undertaken too early. The first ten or twelve days of September are usually raw and cold. The flies, crawling into warm nooks and corners, pretend to be asleep. The housekeeper, forgetting the experience of former years, hastens to get out scrub-cloths, brushes and all the implements of house-cleaning. Those whose homes are in the city, hurry back with the first puff of cold air, believing that flies and heat have both alike departed for the season. But they soon learn that this is a great mistake. These chilly, cold days are usually followed by ten days or a fortnight as warm as midsummer, and generally quite unhealthy. Nothing but real necessity should tempt any one to leave the country before they have fully enjoyed the most perfect month of the whole year—*October*. But whether in city or country, those who attempt to do their fall cleaning in September will have short-lived satisfaction, compared with the comfort derived from the same work in October. Flies, spiders and wasps, if not harmless then, are at least so far disabled as to be easily conquered; and, until that is accomplished, house-cleaning on a large scale is wasted labor.

The first thing to be done, preparatory to house-cleaning, is to have all the chimneys thoroughly swept, and the furnace, range and grate-flues, not only perfectly cleaned from soot, but examined by a competent workman; especially is this needful if the house has been closed or only partially used during the summer. Before real winter weather comes, every thing of this kind should be in perfect order.

Have the furnace-grate examined, as it may have been corroded by rust while unused, or so far burned out that, if neglected, some cold morning when a bright glowing fire is most needed it may break down and let your fire out. It will not be pleasant to sit shivering while the old grate is being mended or a new one fitted. The range-grate and fire-bricks must also be looked after and repaired for winter use. A little attention now will save much expense and discomfort later in the season.

If carpenters' or masons' work, white-washing, painting, glazing or plumbing is needed, it should all be done before any cleaning is attempted. If left till afterward, this kind of work is a great terror to housekeepers. To secure seasonable attention to all these matters, it is essential that the mechanics who are needed should be engaged some weeks in advance; but remember that such workmen are unfortunately not as good in *keeping* promises as in *breaking* them; therefore, watch closely, and hold them to their agreement. This habit of promising more can than be performed is a very pernicious one, and, in the end, most unprofitable. Mechanics are tempted to this dishonorable practice by anxiety to secure a good job. Knowing the great demand for labor, they imagine if they *promise* to do your work at a given time, come and do a little, then go to some one else, leaving your work half-finished, then back to you again for awhile—the second party exposed to the same vexatious delay—that your necessity will compel you to endure it silently, if not patiently. You may submit for this once; but never burn your fingers twice at the same fire. Let it once be understood that employers of all kinds look upon a broken promise as destroying all confidence, and that they will, under no circumstances, give a *promise-breaker* a second opportunity to beguile them, and this great trial to grace and patience would soon be overcome.

While repairs are going on, bring down all the woolen garments, blankets, furs or pieces of carpeting that have been stored away for the summer. Take them out on the grass-plat under your clothes-line before removing the wrappers, for the preparation in which they have been put away is not very pleasant to the smell; particularly if it is Poole's Powder, which we think the safest as well as the most disagreeable. If it is a windy day, hang all on the clothes-line for a good snapping before you attempt to brush them, and most of the powder will blow off. After an hour or two in sun and wind, brush them well with a nice whisk-broom, and, when done, the garments and blankets may be put in their proper places, and the pieces of carpeting sewed up in bagging or canvas, or put into a spare trunk. They will need no more powder

till spring, if carefully stored and occasionally aired through the winter.

The coal, of course, you had put into the cellar last spring, as it is usually cheaper about May than in the fall. The ashes and soot having been removed, the flues, furnace and grates all in order, the house should now be swept from the attic to the cellar. Ingrain and three-ply carpets ought to be taken up every year, unless in rooms but little used, and, after being well shaken or taken to the carpet-shaking mill, they should be laid out of the way till the room from which they were taken is cleaned. Brussels, Wiltons, Axminsters and all the heavier carpets should be raised not oftener than every three years. No dust sifts through such fabrics, and careful sweeping and the use of a good "carpet-sweeper" will preserve them from all harm. In sweeping, preparatory to cleaning, it is well to draw the tacks in the corners and turn the carpet back, so that, with a whisk-broom, any dirt that may have settled there can be easily removed. It is but little work, and the corners can be readily tacked down again.

When the sweeping is all done, a most thorough dusting is the next operation, so that wood-work, walls and gas-brackets may be free from loose dirt before water is used. The paint is much easier cleaned after this than if the dust was allowed to remain and be washed off. Some recommend the latter to *save time.* We think it *wastes* time.

The walls should be dusted with a long-handled feather duster; then, with a clean, dry cloth pinned smoothly over a clean broom, wipe them down evenly, beginning at the top and passing in a straight line, "by a thread," as a seamstress would say, to the bottom, changing the cloth as it becomes soiled. Next, remove all chimneys and shades from the chandeliers and gas-burners; wash clean, dry and polish with a soft linen towel, and then with chamois-skin, and put them into a closet till the room is cleaned. Now, with a cloth wrung from weak, hot suds, wipe off the brackets and chandeliers, and rub dry with chamois-skin. Draw a coarse linen thread, double, through the opening in the tip of all the gas-burners to remove any dust that may have settled in them while unused. This done—and if you have two or three hands at work, the work may

be so divided as to be done quite expeditiously—let one wash the windows while another cleans the paint. The windows, if long unused, need to be well washed in warm suds, into which a little spirits of ammonia has been poured, two teaspoonfuls to half a bucket of suds, then well rinsed in clear water, wiped dry and polished with chamois-skin. This same proportion of suds and ammonia will also clean paint very easily, and without injury to the hands. It is good for cleaning marble slabs and mantels. The plated door-handles, bell-pulls, etc., come next in order for cleaning; and here, if a piece of oil-cloth is cut to slip over each so that the walls may not be tarnished, the hot suds and ammonia will prove very effective. A piece of old carpet or drugget should be laid down as you clean windows, paint or plated-ware if the carpet is down, and moved from one spot to another as you go on.

Now all is ready to put the last touch to the room. Wring a clean cloth from some warm, clear water in which a little alum or salt has been dissolved, and wipe hard each breadth of the carpet, rubbing straight down the nap. Wring out the cloth often, to rinse off all the dust, and change the water if it looks very dingy. This brings up the nap, and gives a new and fresh look to carpets of all kinds—only be sure that the cloth is not so wet as to drip. Leave the windows open when the carpet is finished, and shut the doors till it is thoroughly dried before bringing in what furniture was moved out to clean the room.

WOMAN'S WRONGS.

It is becoming fashionable to talk of woman's wrongs, of the cramped and down-trodden condition in which she is kept. We are told of the husband's indifference to the wife's wishes and feelings, of the wonderful talents buried, of the great lights hidden under a bushel—that is, in household duties or the nursery—which might enlighten the whole world, if *husbands*—arbitrary tyrants that they are—did not repress these noble aspirations by their

neglect, unkindness and want of sympathy. Young wives are scarcely through the excitement of the wedding tour and bridal calls, before they fall into the fashion of seeking sympathy from their "dear five thousand friends," on account of the great trials they are enduring through their husbands' disregard of their wishes, or indifference to their feelings. How little respect to them he manifests—how attentive to other ladies in company—how careless of his wife! Or, he praises another lady for her beauty or manners, or some great virtue, just to remind his wife of her short-comings. All this, if not imaginary, is very serious. But is the wife entirely blameless? We are pained by appeals for sympathy and advice from those who make "mountains out of very small mole-hills"—who see the *mote* that is in the husbands' eye, when we can not but fear they forget the *beam*, visible to all but themselves, in their own. To complain that the husband has grown cold, indifferent or neglectful, is a grave charge, for which one should possess proof as "strong as holy writ," before allowing such thoughts to enter the heart, much less daring to give them utterance. There may be some little truth in all these charges; but are they not too often the result of your own mistakes or perversity? There are two sides to every question; and in all disputes or fault-finding there is generally blame with both. But of late, it is taken for granted that the husband *only* is deserving of censure, and we hear rebukes and advice administered, which, if acted upon by the *oppressor*, would certainly make life delightful if the wife fulfilled her part of the contract in a manner equally desirable. We quote a few sentences of most admirable advice to *husbands*, entitled "Respect Due to Wives:"

"Do not jest with your wife on any subject, when there is danger of hurting her feelings. Do not speak of great virtues in another's wife to remind your own of a fault. Do not reproach her with personal defects; if she is sensitive you inflict a wound difficult to heal. Do not treat her inattentively in company; it touches her pride, and she will not respect you more or love you better for it. Never upbraid your wife in the presence of a third party; the sense of your disregard of her feelings will prevent her from confessing her fault. Never entertain her by praising the beauty and

accomplishments of other women. If you would have a pleasant home and a cheerful companion, pass your evenings at home with your wife, or take her to social enjoyments with you. Be not silent and stern in your own house, and remarkable for sociability elsewhere."

Now, this is most excellent advice, too often greatly needed, and we would only suggest, as an amendment, that as marriage makes of "*the twain one flesh*," the wife should have her share in this counsel, which, if fairly distributed, ought to secure happiness as nearly unalloyed as we can hope for this side of heaven.

But permit us to ask, Is there no respect due to *husbands?* Perhaps it is the perversity, said to be inherent in woman's nature, but we must acknowledge that we are so far behind this progressive age as to be guilty of some sympathy for them.

You complain that your husband "teases and makes fun," as you express it, of things that he knows will hurt your feelings. Do *you* never jest with your husband on subjects that you know will wound *him?* and do you not do it purposely to hurt him a little, because he has—well, never mind what he has done—you have often done so, have you not?

Did you never tell him of some great excellence in your friend's companion, on purpose to remind him of certain short-comings or faults in his own habits or character? Did you never treat your husband inattentively or impatiently in company, while you cordially and politely accepted the attention of other and far less noble men? Did you never blame him in the presence of a third party? What *woman* is more sensitive to blame, before others, than a husband when the censure comes from his wife's lips?

Are you never silent—perhaps cross, in your own home, with no one to entertain but *your husband*—yet full of life and amiability and vivacity in company?

While it is just and proper that *husbands* should listen to this counsel, and, by its teaching, endeavor to augment the joys of home, should not *wives* also take its truths into their own hearts? Are we not equally blameworthy? Ay, more so; for *home* is our kingdom, where we may reign supreme, if we hold the scepter with a gentle hand while the law of love and kindness is ever on our lips.

We have seen young people begin life with every promise of most perfect happiness, yet make entire shipwreck of all by their own unguarded words, impatient actions and unregulated tempers. A talent for spicy and brilliant repartee may enliven a party, give the highest zest and piquancy to social intercourse, and endow its possessor with a certain position, enviable or otherwise, as the case may be; in the home circle it is a dangerous gift, and, unfortunately, more frequently bestowed upon the wife than upon the husband. How often have we recoiled, as from a blow, when hearing those who should be one in heart, draw comparisons prejudicial to their own husbands, and to the credit of another's, prefaced with some bright, witty, but most stinging remark! Do those who give such license to the tongue ever remember that with the marriage vow they took each other's happiness, honor and respectability into their own hands, to cherish or destroy; and that God has made the bond so inseparable, that all honor bestowed on the one passes over and is shared by the other; and all disgrace or error that militates against the one is equally injurious to the other?

We do not like this talk that has become so fashionable, of the injustice which man does or countenances toward woman. We are told how her feelings are trampled upon, her rights ignored, the possibility of her attaining literary eminence or standing on an equality with man scoffed at, and all her efforts to raise her sex met with ridicule and contempt. Now, we are not indifferent to any work that has for its aim the elevation of woman; but we do object to the snappish, vixenish manner which characterizes the efforts of those who can not speak of "*woman's rights*" without a tart, waspish fling at *man*. Why! our *fathers*, *brothers*, *husbands*, *sons*, are *they* not *men*—but "bone of our bone, flesh of our flesh" also? While we press forward for a prize which shall place us side by side with those dear relations, why not work hand in hand with them (as God shall give us the strength and capacity) in blessed unity, instead of standing on the defensive? We can not believe that the sex, to whom we belong, and who belong just as much to us, will stand in the way of our progress, if, in seeking to rise, we retain the character of the true, gentle loving women God designed us to be—a far nobler type of womanhood, and more likely to gain the end sought

for, than an imperious, scolding, fault-finding character which can only secure us reproach. God created man and woman equal, but with such different organizations that, while we coöperate and work in unison, we have each our own peculiar offices to perform in common life—but still both should be working equally toward the same good end. We once heard a quaint old Baptist minister say, "God did not take woman from man's foot to be trodden upon; nor from his head, to rule over him; but from his ribs, to walk with him, side by side, his equal companion and friend, while life lasts."

We know all that is said of man's rough, abrupt, overbearing ways. There is some truth, but also much exaggeration in it. We confess, we think, there is a little spice of tyranny in every man's composition; and, perhaps, since the days of old "*Queen Bess*," if not before, we might find enough of the same qualities in our own sex to establish our claims to sisterhood; but admitting that these are purely masculine elements, do we not know how to conquer and eradicate even these uncomfortable and undesirable traits? When the storm descended in great fury, the traveler wrapped his cloak about him closely. The wind roared in its wrath, rocking him to and fro, whirling him like a feather along the road. In vain it endeavored to tear the cloak from him; he but hugged it all the more closely. But when the sun came to him gently and noiselessly, the iron will and sturdy frame that battled so successfully against storm and wind, bowed down before the genial, loving influence, and acknowledged itself conquered. And thus may woman, if she will assert her power, secure most willing subjects, when fretfulness, impatience and resistance would find but rough and stubborn opponents.

"Oh! my sisters, we are groping blindly, weakly,
In the heat and dust of life,
And we pray, as may be, bitterly, or meekly,
For the secret of our life.

"We curse our fate of womanhood; despairing,
With swift, sharp words of shame;
We faint beneath the burdens we are bearing,
And yet what do we claim?

"The heights that we must scale look cold and frowning;
Sweet seems the olden calm;
E'en while we think to touch the victor's crowning,
We clasp the martyr's palm.

"We say that men's hands powerless have bound us,
That they have wrought our fate;
The love, we cry, that welds these chains around us,
Is crueler than hate.

"That which we seek to wrest from our strong brothers,
They can not give or take;
The work to do is ours, and not another's;
Man can not mar or make.

"Then let us cease this clamor of much speaking,
And learn a nobler trust;
The blessing comes not save to earnest seeking;
The unused talents rust.

"Oh! my sisters, let us trust our God more surely;
We win our strength through pain;
Striving to live, as in his sight more purely,
We shall not toil in vain."

FASHIONABLE DRESS.

We are often asked why we do not speak out plainly, in the way of counsel and reproof, about the absurdities of fashionable dress, now so apparent. What good would it do? Almost every paper has spoken plainly or *hinted*—the worst kind of speaking, however unmistabable, on this subject—and what is the result? Week by week the fashion-plates are increasingly monstrous, until at last we are uncertain whether it is a *bona-fide* fashion-plate we are looking at, or "Punch" and "The Budget of Fun." Neither could take greater liberties or more atrociously caricature "the human form divine." And what would be very amusing, if the weakness did not excite so much pity, those who urge us to contribute our mite toward a

reform—a more Christian mode of dress—are themselves a marvelous structure—a pile, composed of frizzed, braided, curled and puffed hair, under which a small, delicate face appears; a dress, fringed, flounced, puffed and trailing, with hoops and panniers protruding like a dromedary's hump; and all this miserable deformity borne about on high heels and the tips of the toes—the discomfort and pain of such unnatural locomotion accepted and endured because it is the *fashion*. Yet, these fair inquirers appeared wholly unconscious that their own disfigurement was a stronger appeal for aid than any words could have been.

Why not begin this reform in your own dress? Brush your hair smoothly, and give us the satisfaction of once more seeing what the head is, as God made it; take off yards of silk, lace and fringe, and show us a natural, graceful figure. You who move in what is called fashionable society can do more by such independence than all that can be written. Try one season, and mark the change you would effect. "Oh, we couldn't think of such a thing! 'As well be out of the world as out of fashion,' you know. It would make us so very conspicuous by our singularity. We think it would not be *modest* to take such a stand. No one person can effect the change—it must be simultaneous." Ah! had all reformers reasoned so, what would now be the condition of the civilized world! But fashion is a tyrant, and we fear volumes written on the evils which she brings will do little good until women have learned to defy her. A few, in every age, have done valiantly in their attempts to dethrone her; but she changes so often, and so abruptly and entirely, it is difficult to keep track of her. As far back as we can search, the whirligig of fashion has been in perpetual motion, unceasing in its changes. The advice and admonition of age and experience have little influence toward checking this long-established tyranny. The old look sadly upon the vagaries of the young; but if they glance back to their own early days, would they not recall equal absurdities in the fashions of that period, or, on a moment's reflection perhaps, even the dress and style to which they still pertinaciously adhere may be liable to the same criticism?

We vividly remember the look of dissatisfaction on our grandmother's face, a dear little woman nearly eighty years old, whose

keen black eyes flashed ominously as we came before her for inspection, dressed for our first party. We stood, at fourteen, a full head the taller, but were abashed at the dignified air of authority with which she discanted on the ridiculousness of our attire. A very narrow skirt, with a few gathers in the back, three small *pleats* on each side—it took but *six* or *seven yards* then for a dress—a full waist, with a narrow band round the neck like a baby's slip, and the belt almost under the arm; a large lace—"Vandyke"—or cape over the shoulders; the hair was combed high on the top of the head and tightly tied, and the length twisted into a knot or bow, and kept in place by a big tortoise-shell comb, the top of it full three inches high, and six or seven inches round; this was placed back of the hair. Our first high-topped comb! What a wonderful work of art it was in our eyes! And the dress—our *first* silk—of changeable hues, how stylish it did look! We thought every one must recognize its elegance. Yet here was this "little grandma"—whose judgment, next to our mother's, was infallible—looking with disdain upon it, and turning our whole outfit into ridicule! It was heart-breaking! And for our *first party! Fourteen* was very young to go to parties; but being tall for the age, we were invited, by *mistake*, we presume. At the present time, *young ladies* of three and four send out and receive their cards, and with gloves and fans, frizzled hair and flounced dresses, mimic the affectation and absurdities of their elders. We have no sweet, simple childhood any longer.

But how was our revered critic attired? The soft, white hair, still quite abundant, was brushed straight over from the brow, not tied on top, but rolled as tightly as it could be drawn over what was then called a pillow—*now* it would be, we presume, a *rat*—and fastened on the top of the head by two long silver pins with arrow heads; a spotless white *mull* cap, with a very high crown and deep frill was put on over this pillow, and tied with a broad, black satin ribbon, in a bow on top; a string of gold beads, a square of white lace folded over the shoulders, and crossed in pleats in front, was under the dress of heavy black satin; the waist of said dress made long down to the hips, with a point before and behind, the skirt not trailed, but immensely full; very high-heeled slippers; a large,

black satin bag or *reticule*, embroidered with white beads, on her arm, in which was the ever-present knitting-work, completed the costume. And this queerly-dressed little grandmother scoffed at our newer style as being the height of absurdity. Her dress appeared appropriate to her, because we had never seen her otherwise, attired; but with all affectionate deference to her superior wisdom we thought it very ugly, and would have shrank in disgust from wearing it ourselves. Doubtless our new dress, in which we then rejoiced, would strike our grandchildren now as equally undesirable.

So fashion changes, and words of expostulation are wasted. But in this age of improvement, when we turn our backs on the things of old while something new is daily being developed or invented, the wonder is that in the realms of fashion we see so little purely original. But, like a poor horse in a tread-mill, she goes the same circuit, and about every fifty years she finds the end, and is compelled to return and reproduce, with some strange additions but few improvements, the styles our grandmothers and great-grandmothers wore. The high heels, hoops, trains and panniers are but the renewal of the fashions of a semi-barbarous age, which, once buried, should never have been revived.

Addison, in many of his writings—see particularly papers ninety-eight and one hundred and twenty-seven in the "Spectator"—severely criticises the prevailing fashions of his day. Many of these deformities our better instructed women have for a year or two past again most foolishly reproduced. We may not quote his articles, because the homely language of that period would shock our greater refinement, although, if it could be arranged for opera or theater, his wholesome counsels might be listened to *in public* without a blush, but it would be *vulgarity* to print them in a book for the home.

There is much to be said, aside from the absurdity of the style and its destruction of all grace and beauty, of the great extravagance which must attend the present fashions, breaking up many homes, and alienating true love, and the permanent injury done to health, subjecting its devotees to long years, perhaps, of discomfort and lingering sufferings or an early grave.

THE SUREST REMEDY.

To the troubles and annoyances which befall housekeepers there is no end, if they are obliged to rely on servants for comfort and peace of mind. In social gatherings, the conversation often turns on the trials they experience from this part of their household. It is not at all strange that it should be so, for, "out of the abundance of the heart the mouth speaketh;" and verily in this particular the heart has ample reasons for being abundantly filled, and there is no end to just cause of complaint.

One girl is a good worker but impudent; another is always willing, but very untidy. This one is neat, but so slow that her work is never finished. That one is unequaled in order and efficiency, but her temper is so uncertain you can not make a suggestion without risking a storm that quite destroys all the pleasure her excellent work might otherwise afford you. One is extravagant and wasteful; another, economical in using materials for your family, but dishonest in appropriating your property for her own benefit.

So, in a company of a dozen ladies, one takes up the discourse as the other ends, and, without exaggeration, proves her own trials even more vexatious than her neighbors'. It is possible that the mistress, by searching, may find some slight symptoms of these very defects in her own character. The least said on that side of the question the better, perhaps. But, as we once heard a lady say, "We don't hire servants for that sort of actions."

But whatever may be the defects of the mistress, we know there are very strong foundations on which to build the complaints about servants; for it can not be denied that these "troublesome comforts" have it in their power to diminish the sum of domestic happiness to a degree which requires much grace and patience to endure with equanimity; and that the power they have usurped is on the increase will not, we imagine, be gainsaid. Once the employés in the family fully understood the position they were engaged to fill in their employer's house, and knew that certain service was paid for, which must be strictly and honestly rendered or they would lose

their place, and, having lost it unrecommended, would find it difficult to secure another. Once—and the time is not so far distant but that most of us can still remember it—one girl was expected to do the work that we are now compelled to employ three to do. And this one girl did the work, and did it well—far better than we can hope to have it done now. She was not injured by it; no complaints were made, we mean in ordinary cases. In every station some may be found who abuse power, and cruelly oppresss those whom circumstances have placed in an inferior position, but these are only solitary cases; as a general thing, there was no ground for complaint. The service was kindly and cheerfully rendered. But now, with three or four girls, the work drags, is imperfectly done, and "the work is too hard," is the constant cry. Why is this? What reason can be assigned for a change so complete and annoying?

In part because the foreigners who land on our shores, and upon whom, unfortunately, we are obliged to depend for all labor which we can not do ourselves, come to us with strange ideas of what is meant by all being "free and equal;" or, if you take one right from the emigrant vessel, it requires but a few weeks for those of their nation who, having been here longer, think themselves better informed, to impart their knowledge, and teach erroneous ideas of these rights. Under such bad influence, it takes but a short time for the modest stranger, whom you received into your house and endeavored to teach a correct mode of labor, to be transformed, both in dress and manners, into a bold, self-willed girl. Her countrywomen gather about her and warn her not to be "put upon"—a favorite phrase among those whose chief aim is to get the highest price for the least labor. "Stand up for your rights," and they proceed to expound a code of "rights" which, if they were allowed to carry into practice, would soon leave us entirely at their mercy.

They are told to insist upon just so many times at church, and certain days "out." Then the funerals—and there never was such mortality as is always happening among our servants' relations, particularly the cousins—and the weddings, and the baptism of infants for which our girls are to stand "sponsors," all come upon us in such quick succession that one can not help thinking weddings, births and funerals, among the Irish particularly, are rather

mythical. Then every step of the work each girl is expected to do must be carefully defined, and you are not to be allowed to call upon them, on any condition, for one thing over and above the specified labor.

But how has this class of persons succeeded in taking and maintaining such a stand? In part it has grown up, gradually, from seeing in their employers the independence that is a distinctive peculiarity in our national character, and that which, when rightly regulated, is a noble thing; when used by uninformed and undisciplined minds, for selfish ends, is not likely to bring forth the most desirable results.

But is not the trouble and disturbance through our servants, which particularly characterizes the present day, in part the fault of the mistress's own ignorance? Our ladies give much less attention to domestic affairs than in former times; and our young ladies are growing up, for the most part, poor housekeepers. The material for the very best of servants may be easily ruined by a poor mistress. Much time and money is expended on the education of our girls; but that part of education which would help to keep them strong and healthful is almost entirely ignored—we mean regular work at stated times, about the house, not only to establish good health, but to secure a thorough knowledge of domestic operations.

But what time has a young girl to do any thing at home? True. What time for home affairs, with the present mode of education and the present customs of social life, have young men or maidens? Our teachers know they are expected to "fill" their pupils to the utmost extent of the mental capacity, and social life grasps every moment that can be spared from books or schools, even claiming the hours that should be given to sleep. No matter about the health. "That is not our business," says the educator; and, "that is not our business," echoes fashion. Our children go from one study to another—rushing on to be educated—as fast as possible, and in two years after leaving college or seminary, of what practical use will half these studies—for which they have given so much time and health—be to them? Far be it from us to undervalue a good, thorough, practical education—one that will fit our boys and girls to lead good, useful lives. "It's price is above rubies." But we some-

times think that they are being educated to death; mind and body enfeebled and made unhealthy for lack of good, practical common sense on the part of parents and teachers. If more time was given to physical labor while our children are growing up, and less time to schools, and fewer studies crowded into each term, the fathers and mothers would not grow old so fast—by being relieved of part of their work—and our young people would have nobler minds in sounder bodies.

But to return to housekeeping and the young who must take that position. Let them secure as much knowledge as they can without injury to health, but let it be understood that whatever place they may be called upon to occupy, a thorough domestic education will be the best foundation on which to build, and by which they can best secure happiness, honor and usefulness.

Instead of filling the papers with lamentations because they are not permitted certain rights which an unregulated ambition urges them to claim, let our women *first* be certain that they fully understand how to exercise all the *rights* which are unalienably their own, and which no one attempts to dispute. Let these rights be well cared for and properly executed, and who will object to any woman's reaching out after and securing just as many more as she can possibly assume and manage successfully without neglect of other duties already her own. Let the highest right, the noblest that woman can desire—for it is next to the angels'—the *supreme right* which God gave us, and no man disputes or can ursurp, be fully appreciated and acted upon, the right to make a glorious *home*, to make our husbands nobler, because they are happy and comfortable there—(they don't know how to do that—they can't take care of themselves *without us*)—the right to nurse and rear and bless our children; the right, with the *ability*, to teach our servants by our own practice how to be a blessing to themselves and to us. Then enter the lists, if you choose, and do battle for just as many of what has been called *man's rights* as you are capable of managing well or have any ambition for.

Until these first duties are understood and properly performed the prospects for home comforts and happiness are very shadowy. The fault is not wholly with the servants. If those duties which be-

long to the mistress are delegated to uneducated, ill-informed subordinates, what, even with the very best intentions, can you expect but anarchy and misrule? Care and experience are as essential in good housekeeping and home comforts as in any other profession or field of labor.

The lawyer can not look for success in his profession if he simply opens an office and delegates the care to an ignorant office-boy, while he himself knows nothing about law, and never studies. The doctor gives years of time and study before he attempts to practice. The merchant goes through a long apprenticeship before he commences business for himself; but our young girls leave the schoolroom to assume a *right* of which they know nothing—the privilege and honor of making a *home*. If women would only understand how much skill and power is requisite, what a noble, honorable thing it is to succeed, or become eminent as a *home-maker*, there would be fewer boarding-houses, fewer miserable, dissipated husbands, fewer fast, wild, reckless children, and fewer worthless servants.

A REVIEW.

At the risk of repeating suggestions already made in these pages, by request, and because it seems beneficial, we look back over the years that are past, not to repine, but that by reviewing the lessons given and received, the work that has been attempted, "take up such stitches" as may have been dropped on the way, or improve and enlarge both the teaching and thep ractice. Besides, "line upon line, and precept upon precept," is desirable in almost all new positions; but in household instructions, it is invaluable for the young mistress as well as for the heedless maid.

"A young, very young, housekeeper" writes: "I have just begun to keep house, and with only my husband and myself. I feel as if I were *playing housekeeping*, as I used to when a little girl—only in the present case I find it will not answer to pass over or

neglect any thing, as I did then. I am but seventeen—have been married but a few months. We did not like the idea of boarding, and although I *was* ignorant of almost all domestic affairs, my husband preferred to risk my ignorance and bear with my mistakes, rather than secure better fare by relinquishing a home of our own.

"Now, Mrs. B——, I am not so much troubled about the *large* duties that belong to housekeeping—those which seem to be, and doubtless are, of the most importance. Little by little I shall, I think, understand them, because, being important, I *must* give them time and thought. But it is the *little things* that vex and disturb me. They are so insignificant, apparently, that, if neglected now and then, it hardly appears possible that they will be noticed or do much harm. But, to my surprise, if careless for a day or two in these little duties, an amount of mischief accumulates, which, before I am aware, becomes a huge blot on my character as a good housekeeper, and causes me an immense deal of mortification. Oh, those *little things!* The dusting, looking into corners, keeping looking-glasses and windows in a proper condition and the finger-marks off the doors—it is these minor cares which give me most trouble and annoyance. When a girl, I was never accustomed to such work, and now often forget all about it, until, in a day or two, I wake up to find my cosy, cheerful-looking rooms begin to look like some 'banquet-hall deserted.' Do tell me all about *every thing!* Even when I don't forget, I fear I don't understand how to do these things well. I want to be a good housekeeper, or, as you say, 'home-maker;' but to-night I feel quite discouraged, and would like to lay my head in my mother's lap and cry like a child. I am nothing but a child, anyhow."

That is true, my dear. You should have had the proper pleasures and freedom of youthsome years longer. *Seventeen* is too young to take up life's burdens and bare its responsibilities, out from the shelter of a mother's arms. The full assumption of such duties should have been deferred to a later period, when body and mind had become more mature, and better able to perform a true woman's full duties. But, having assumed these responsibilities, you are looking at them in the right spirit; and if your strength is not overtaxed, and you become not weary in well-doing, you have no

cause for discouragement. By degrees, as you endeavor to understand and try to perform your duties in the best manner, you will learn, by experience and observation, to know when you fail, and, that once understood, you will not be likely to repeat the failure.

We have quoted largely from this letter, because, through it, we think mothers may, if they will, learn a very important lesson. There are mothers who do not need this suggestion, for they fully understand and scrupulously practice that which we desire to teach. Their daughters' future happiness is very precious to them; and to insure it, they do not think it wise or loving to allow them to fritter away their young lives in a round of giddy, unsatisfac torypleasures—in idle calls, silly gossiping, which soon grows to scandal-loving, late hours, and unhealthy dissipation. But with loving care they so combine usefulness and pleasure that, look where you will, you will find no specimens of happy girlhood as such mothers show you in their daughters. They do not exact so much labor as to create disgust, nor consent to so large an amount of pleasure as to make their daughters irritable and dissatisfied at home, giving their assistance to their mothers grudgingly, or so disrespectfully that it is not worth accepting. These mothers are training their girls to become good wives and mothers, excellent housekeepers and very happy women. Their daughters will never feel the discouragement that the "very young housekeeper," from whose letter we quote, can not avoid feeling at times. But all must, in this case, admire the courage with which she is ready to overcome the obstacles that her ignorance must, of course, often put in her way; and we rejoice that there are still some among our young people willing to submit to the inconvenience of many mistakes rather than to begin their married life in a boarding-house. Viewed in the right spirit, and with a love which finds a silver lining to every cloud and a full compensation for every cross, it will take but a short time for one, however ignorant, to become an accomplished housekeeper—the happy mistress of a home which any husband may be proud of and grateful for. We will, in our next "talk," try to give some simple rules for the easy performance of those "little things" which so heavily oppress our young friend.

Meanwhile, can not the multitude of mothers who neglect to prepare their daughters for the duties which, doubtless, lie before them, be brought to realize how much trouble and perplexity, if not life-long unhappiness, they are laying up for them, by this neglect of unmistakable duties? By the loss of healthful, bracing exercise, by late hours, and unsuitable dress and exposure, their health is broken before they are out of their teens, and they enter the married state with no strength to take up the duties they have accepted, and totally ignorant of the first principles of domestic economy. They are more sinned against than sinning, and must suffer for their mothers' neglect or over-indulgence. They suffer from their mothers' mistakes; but the mothers must be accounted the most blameworthy, for they knew their duty, but did it not.

HEEDLESSNESS.

There are many annoyances that fall to a housekeeper's lot, which seem very insignificant when spoken of, and to otrivial to put on paper; but they are grievances, nevertheless, and like a wasp's or bee's sting, though small, not easily borne; and when they follow each other in quick succession, and are constantly repeated, the accumulation, like a whole swarm of bees, will tax the grace and patience of the strongest. It is the little frets of daily life that, when summed up, become almost unendurable, and to them is added the mortification of knowing that friends who are only "lookers on," having never themselves touched the burden with so much as their little finger, feel no sympathy, but, on the contrary, almost a good-natured contempt, that any one is *so weak* as to be shaken by such *very trifling* troubles and vexations. But they are not trifling—if they were only occasional, they would be—but they are of daily, hourly occurrence, and because they are never-ending, make a housekeeper's responsible position one that demands self-control and patience of a higher order than any other position to which woman aspires. There is a dignity in being burnt at the

stake that enables one to rise above the pain; but to be hurried to death with briars and brambles is very humiliating, yet a torture none the less.

It is by calling attention to the cause of these petty vexations, and endeavoring to show how they must be overcome and eradicated, that we hope to do any good by these "talks."

Many things that are really untidy are not noticed until, through this neglect, they increase, and at last cause great confusion in the home affairs, simply because the young housekeeper's attention has not been called to them, or she does not yet understand how to regulate and control them. Ignorance may be bliss, but it is of a nature that leads to mischief in the end.

Let us point out some of these petty troubles, and see what they amount to, and how they may be removed.

What more disagreeable and annoying than to have the vapors or odors that arise from washing or cooking pervade the whole house, giving to it the sickening smell of the lowest class boarding-houses? When seated quietly in the parlor, it comes so gradually upon one that it is hardly noticed; but step for a moment into the fresh air, and on your return you will be greatly disgusted at the fumes that half suffocate you as you open the door. This infliction can be escaped only by keeping the doors of the kitchen or hall leading from it tightly closed. Yet it seems almost impossible to teach a servant that just "pushing the door to" is not shutting it, and the smells of the kitchen will escape as readily through a half-closed as through an open door. Yet there is no help for this evil but watchfulness and constant reminder. You can put springs or rubber-straps on the door, and while they are new and stiff they will swing to with force enough to close it; but the spring will soon grow careless, like other servants, and by-and-by not shut the door entirely. As well leave it wide open as "ajar." Besides, "springs" are very troublesome and inconvenient, and in passing and repassing, with the hands full, endanger the dishes. And, worse than all, we have noticed that "springs" on the doors have a singularly inflammatory effect on the disposition of the servants, and, after being hit or breaking a few dishes once or twice by them, the "springs" suddenly break or are cut. Of course *it broke*

itself, or nobody—that most mysterious mischief-maker—did it. The watch and care of the mistress is the only remedy.

Another careless habit which often presses a great grief of heart to the thorough housekeeper, and to which the attention of the beginner should be directed from the first, is the use of dish-towels and dish-cloths instead of "holders" to remove pots, stew-pans and kettles from the fire, or meats and pies from the oven. It is a habit that is harder to conquer than almost any other. The most ample supply of *holders* may be provided, yet the mistress seldom enters the kitchen but she sees the nice crash-towel caught up to remove a boiling pot from the stove, or a gridiron from the fire; and if it is not tossed into the sink, scorched and smeared, it is a marvel. And the "holder" you had so neatly made but a few days before, now a mass of grease, stove-crock and filth, is perhaps lying in the coal-hod ready to be thrown into the fire, where you will be the least likely to find it out; for to *wash a holder* never enters into the heads of those who use, or rather abuse, them so badly.

A *cook's holder* should be made of some strong, dark material, a piece of tape about a half yard long, sewed on one corner, and a large hook on the tape to hook into a cook's belt or apron-string. They are then always ready for use.

"And will she remember to use them?"

Doubtful; certainly not without your watchful care. But be sure and have them ready, and then strictly endeavor to secure their proper use.

The ironing-holder should be of soft, light-colored material, that dirt and stains may bear testimony against its use about clean clothes till it is washed. Harsh material is severe on the hands when used for hours on a hot iron. When out of use, the ironing-holder must be put away with the ironing-sheet, bosom-board, etc., that they may not be used in the kitchen.

Again: Watch the dish-towels, see that they are not thrown on the floor, or into a chair to be sat on by the first one who happens in, and, perhaps, the next minute used to wipe the fine china, or cover over the bread fresh from the oven. Such things are constantly being done. Do our housekeepers know it? Of course they never do such things *themselves;* but if they once gave it a

moment's sober thought, would they not, for their own comfort, endeavor to prevent its being done again? Who would wish to eat or drink from china wiped with towels so misused? Who would like to eat bread that had been wrapped up in a dish-towel, however clean? They should be washed and boiled every day after the dinner dishes are out of the way, hung out to dry, and fresh, clean ones used at tea, and till after dinner the next day, when the first set are brought in for the dishes, and the second washed, boiled, and hung out, thus securing clean towels for each day. But no matter how faithfully this rule may be carried out, no dish-towel should ever be used for bread, no bread-cloth should be used to wipe meat, no meat-cloth used for fish. Each contracts a taste or smell belonging to its own peculiar work, and each should be marked and employed for its own appropriate use and *no other*.

PRACTICE MAKES PERFECT.

With an open grate or fire-place in daily use it is very necessary, before any dusting can be thought of, to clear out the grate, remove the ashes, and kindle the fire; for nothing so fills a room with dust as the necessary work about a fire of any kind, even with the most careful management. To be ready to do this, or in a condition to instruct a girl how to do it, it is important that the necessary implements and conveniences should be on hand, and in a suitable condition for easy and successful operation.

And, first, a coarse piece of bagging, or an old bit of carpeting, or, if you have neither, a large piece of stout, brown wrapping-paper, should be kept in an appropriate place, ready for this part of the morning's work; even old newspapers will answer, though by no means as convenient or durable as bagging. Spread a large strip before the grate or fire-place to protect the oil-cloth or carpet from ashes and cinders while you are clearing out the grates. This done, lift up the "*fender*" or polished hearth-piece, always in front of a grate, and set it down on the floor-cloth or bagging. Put up

the "*blower*," and with the poker rake out all the ashes that can be shaken from the under part of the grate. By keeping the blower up while doing this, most of the ashes, which would otherwise float over the room, lodge in the furniture or carpet, and in the end do them much injury, will be made to fly up the chimney. Having removed all the ashes, you can with the *blower* up, take it down, and rake again smartly from the *top* until only the half-burnt coals remain.

Now, with a stout, coarse *holder*, kept expressly for that purpose, take the ash-pan, full of ashes, from under the grate, and empty in an ash-barrel in the cellar or out-doors; but by no means shove them from the pan into an empty coal-hod in the room, as is too often done. Be careful that no live coals go into the barrel. You will be obliged to watch a girl very carefully about this "*little thing*," or, under the silly idea that it saves work, most girls will do this when you are not by, and your rooms will be filled with ashes by their folly.

When the ashes have been emptied, if your grate rests on *cleats*, or is fitted into *sockets*, lift it off, and turn the half-burned coals which remain into the ash-pan, to be taken out and sifted before using again; then placing the grate on the *bagging*, with a small whisk-broom proceed to brush down into the pan all the soot and ashes that have lodged on the sides and back of the fire-place. Do this gently, so as to avoid sending it out into the room. When done, remove the pan, sweep up any ashes or litter that may be on the hearth, wash it clean, and put back the grate and ash-pan into their proper places. Set up the "*fender*," roll up a quantity of waste-paper and put into the grate (if thrown in loosely it will burn out instantly before the kindling catches), put on the kindling, and start the fire. If where you can get "*coke*" from the gas-houses for the foundation of the fire, it will, we think, prove good economy, for you will need but two or three pieces of kindlings, as it ignites readily without a blower, making a very warm fire, soon causing the hard coal to burn brightly.

Here, also, great watchfulness is requisite if you trust to a servant to start fires; for, unless closely followed, they will persist in half-filling the grate with kindling, even when they are provided

with coke and need to use but very little wood. In the city, where wood is so dear, economy in kindling-wood becomes quite important.

The fire having been kindled, the rooms can now be set in order. Of course, the window-blinds were opened the first thing after dressing in the morning, that gas or lamps might not be left to burn needlessly. We are tempted to stop, before dusting, and say a word on the extravagant use of gas or oil by the servants about a house; but we must leave that for another time, and proceed to finish the first part of every morning's work.

In *dusting*, a soft but not too fine cloth should be first used. At almost all dry-goods stores cloths are to be had with soft, tufted nap, designed especially for dusters; but an old towel may be kept for that purpose, and answers very well if you can not obtain these. Gently wipe *up* with the dusting-cloth whatever ashes or dust may have settled over the mantel or furniture, but do not wipe it *off* on to the floor to settle again into the carpet or all articles in the room—that would be spending time for naught—but as you proceed take it up into the dust-cloth, and every little while shake it out of the window or door. In this way go over every thing *once*, that the greatest part of the dust may be disposed of, being particular to wipe in and around moldings, carvings and cornices, where dust seems more inclined to rest than on the plainer surfaces.

This finished, go over all again with an old silk handkerchief or chamois-skin, rubbing hard enough to remove all spots or finger-marks, and have a nice, clean polish on the furniture or ornaments in the room. If you have pictures hung round the walls, a long-handled feather-brush is quite necessary, especially if the room is high-studded, as most rooms are, unfortunately, at the present day. You can not spare the time every morning to bring in a step-ladder in order to dust the tops of the picture-frames or the casings or moldings over and around doors and windows; but, if left some days untouched, the moths will soon find it out and take up their abode in such desirable quarters. The long feather-brush will easily remove most of the light dirt that settles in such high places; but do not use it with a sharp, quick flourish, as whatever dust lodges so high can not be taken *up* with the coarse dusting-cloth,

and must, of course, if disturbed, fall to the floor, but, if brushed off rashly, will fly over every thing. For this reason the tops of pictures and doors should be dusted first, that there may be an opportunity to remove whatever settles unavoidably when going over other parts of the room.

Every three or four weeks the tall step-ladder is needed, and then all these places which can not be reached otherwise must be well rubbed, and the casings of windows and doors wiped clean with a wet cloth. This work, when done, must always be *after* the regular sweeping days.

Windows require attention every day; we do not mean to be washed every day, but to be dusted and have the spots carefully rubbed off. The dust from the streets finds easy entrance, and settles readily on the window-panes, which would soon become dim and blurred without daily oversight. Especially is this the case in damp weather or when one lives near salt air. Brush each window with a short-handled feather-brush, if you have or can get one; if not, save and dry turkeys' wings, or the long tail-feathers from any poultry, tie them up neatly, and you secure an inexpensive feather-brush, and as effective as if bought at the store. If you find spots or finger-marks on the window-glass, put your mouth to the spot and breathe sharply on it; then, before your breath evaporates, rub quickly with a clean linen cloth or a chamois-skin, and you will be well repaid for your labor.

It requires some time and many words to explain as minutely as you wish how all these *little things* should be done; but if you are methodical, you will soon learn to work quickly, as well as thoroughly, and will be very much surprised to see how short a time is needed to do all that is required. You will use less time, take the month through, by careful dusting and necessary cleaning each day, than, neglecting this duty, you would be compelled to give every few weeks in one great cleaning effort, by which the whole family must be incommoded, meals delayed, poorly cooked, or dispensed with altogether for the time being, because it is "cleaning day." No wonder husbands shrink from such days, preferring dirty rooms all the time to clean ones—*only a little while*—for which they pay such unsatisfactory premiums. A little quiet care and cleaning

every day will, we think, secure the largest amount of freedom, and certainly much more pleasure and happiness for all, than these dreaded days of confusion and discomfort.

HOUSE-CLEANING.

"Last year I thought *house-cleaning* would be 'real fun;' I had never before taken the entire charge of such extensive operations, and thought, in my simplicity, that I would show the *old ladies* how a smart young housekeeper would walk through the fiery furnace with not even the smell of fire upon her garments. But I little dreamed what I had undertaken. I found out, however, before the 'fun' was ended, to my entire satisfaction, and now, in this my second year of housekeeping, look forward to the 'spring cleaning' with the greatest repugnance, gladly enduring all the cold, the winds and storms of early spring, because they postponed the evil day. But now milder weather and warmer suns are upon us, and this great nuisance may be no longer deferred. How I dread it! No regularity; all rules abolished; servants rebellious; husband—to 'put the finest point upon it'—*uncomfortable;* baby cross, and I—the crossest of all! Oh, dear! What shall I do?"

What shall you do? Take it easy. *Patience,* my child; the oldest panacea is still the sovereign cure for such trials. But why "borrow trouble?" For weeks you have, in imagination, been carrying this burden which you so much dread. Wait till the proper time comes to take it up. Give each hour its own work; do not permit yourself to groan over that which belongs to the next, and you will find the heaviest and most disagreeable labor, if arranged and performed systematically, glide smoothly through your hands, and, when finished, will look back in amused surprise at the "bugbear" you had conjured up to torment you.

True, what is generally understood as regular "spring housecleaning" is not a pleasant operation; but is it absolutely necessary that this important part of household duties should be made a terror

to all in the house? We think not. When furnace, grates and stoves have been in constant use for six or seven months, and gas or lamps are burning many hours each night, a very thorough house-cleaning is indispensable. No care can prevent smoke, ashes and gas defacing walls and ceiling, and finding a lodgment in carpets and furniture all over the house. And it is necessary that the warm spring days should be devoted to cleaning and renovating; but certainly not to the exclusion of real home comforts and pleasures while this work is in progress. It is folly to commence by putting the whole house into disorder; displacing every thing; leaving no room in habitable condition, that by-and-by you may, from this utter desolation, bring order out of confusion.

It is best to commence with the cellar, and the first thing to be done is to have your coal for the year put in. It is usually as cheap, and often cheaper, in the spring than in the fall. The coal safely housed, have the furnace emptied and put in thorough repair. Remove all the ashes. If you have an ash-vault or bin containing the ashes of the whole winter, you will require a man to do it; but if—which is much wiser– the ashes have been sifted and removed every day, it is no burden, and but a few minutes work. Then all bits of waste-boards, boxes and barrels, no longer useable, should be chopped fine and stored with the kindling-wood.

If dust and cobwebs have been overlooked, brush them down very carefully; sweep the cellar bottom, and if of stone or cemented, scrub it clean. If this has been done every week, as it should be—save the putting in coal and repairing the furnace—it will be only a piece of regular work, but it must be done before any other cleaning is attempted, else the coal-dust and ashes will penetrate every part of the house, and render all your labor useless. No door or window can be shut so closely that they will not force an entrance. Be careful to shut the "registers" from the furnace in every room before moving ashes or coal.

The cellar being in order, the next step is to the attic. If it has been properly attended to through the winter, it is no hard task to make it fresh and clean, unless you allow it to be made the "catch-all" for all kinds of useless trash. If not "hard finished," the walls should be nicely white-washed or calcimined after the attic

has been swept and dusted. This done, scrub the floor faithfully; polish the windows, and arrange all that properly belongs to the attic neatly. If you have pieces of carpeting stored there, they should be taken into the back yard, well brushed, and spread on the grass or hung on the line, the first thing, before the cleaning is begun.

The cellar and attic in order, you are ready for the upper chambers. If you can afford it, it is well to secure four good house-cleaners, and, by putting two in one chamber and two in another, keeping up a quiet but vigilant superintendence of both parties, you will find, if the work is well contrived, and each part arranged in regular succession, it will be done more quickly, more effectually, and with more economy, than to endeavor to drag through with little help.

Ingrain and three-ply carpets must be lifted every year, and that is the first thing to be done. Brussels and velvet do not need to be taken up oftener than every two years; while heavy Wiltons, Axminster, and Moquetts should not be removed oftener than every three years. The texture is so firm, no dust works through to the carpet-lining beneath; and faithful sweeping and thorough use of the "carpet-sweeper" will remove the dust and moths' eggs. Extra care will be required to clean and brush in corners, and wherever the carpet is turned in and nailed; and they must also be protected, while the walls, ceiling and wood-work is being cleaned, by a heavy drugget spread over them, and moved from place to place as the cleaning progresses.

When washing painted walls and ceilings, take care that in drying them that they are wiped in straight lines, from top to bottom, and not unevenly or in circles; for, however clean you may wash the paint, careless wiping will give it a streaked and untidy appearance.

"I WONDER WHAT NEXT!"

"I have been hard at work all day; up stairs and down; from the cellar to the attic; looking into every nook and corner, and 'putting things to rights' generally. Oh, dear! I *wonder what next* those prim old housekeepers would expect me to take hold of? I have every thing in good running order, as far as I can see, and now how I would like to take a book and curl up somewhere; out of sight and hearing, and have one of the old-fashioned, good times I used to have before I was married.

"Well, I don't care. I mean to have it, anyhow, and just let things go on without my watching for awhile. Nora can manage to keep the house in order *somehow*, now I have every thing in its right place, I am sure."

Ah! but my dear little woman, if you do not give daily attention to your household affairs, in a few days, under Nora's rule, you will find the machinery all out of order, and be compelled again to go over the same wearisome labor you now complain of.

"What then am I to do? From this time on, is my life to be a perpetual drudgery?"

No; not if you are wise. Be patient. It is a new thing to you now. Care does not set lightly on young shoulders; but time and a reasonable amount of patience will soon make the "crooked ways straight and the rough places smooth." A few weeks of extra time and thought, at the beginning of your new life, will teach you how to work methodically. Until this lesson is fixed in your mind, it will be "up-hill work;" but persevere. Have a regular plan for each day's work, and every step will be easier and more natural.

There is nothing like method and regularity to lighten labor. We have so many poor, discouraged, repining housekeepers, chiefly because they were not taught from the beginning to work methodically. Let this once become a fixed habit, and almost every one can find leisure for reading and recreation, certainly if in a position where they can delegate the hardest, roughest labor, under suitable supervision, to a servant.

Secure a few moments every evening, to think over and arrange for the necessary labor of the morrow. Bring before your mind just what ought to be done, and fix the mode and time for doing it, distinctly. While dressing the next morning, review your plan, that all through the day it may be like a map, spread out before your eyes. Of course, many things may occur that no foresight could provide for—sickness, unexpected company, or interruptions past your control—but nothing that can wholly derange a well-digested plan for every day's duties.

Try this mode of working resolutely for a few months, and labor, or oversight of labor, will become so nearly a "second nature" that you will arrange or perform, almost instinctively or with pleasure, that which now seems a heavy burden, grievous to be borne.

"ORDER IS HEAVEN'S FIRST LAW."

Every housekeeper has her own system for apportioning the work of her servants. Where there are three girls, many prefer that the cook should take charge of the washing, leaving either waiter or chambermaid to do the cooking, Mondays and Tuesdays. If they are tolerable plain cooks, this may answer; but, generally, on those two days the table is less pleasantly served than during the remainder of the week.

Now, we prefer to feel as sure of a well-cooked and well-served dinner on "*washing-day*" as on any other day in the week. For that reason, we think it a more excellent way to have the cook understand that the kitchen, pantries and cooking are her own especial care; from which, until that work is done, she is not to be called to assist in any thing else. This plan, we think, insures a more orderly kitchen, cleaner pantries and better cooked and more regular meals than when the cooking work is given over two days in the week to one less accustomed to it. We see no good reason why, if company happens in unexpectedly, one should not be as

well prepared to serve them on Monday as on Wednesday or Thursday. By giving the washing into the care of the second girl, we think one may escape most of the terrors of "*washing-day.*"

Early rising should be one of the well-understood rules of the house—for the servants, at least. As soon as up, the laundress's first work is to light the fire—if the laundry is separate from the kitchen; if not, the cook, of course, attends to that. The furnace is then to be well shaken and cleaned out, fresh coal added, and the ashes sifted and removed, which, if done every day, as it should be, is but a small item comparatively. Sweeping the front stairs, hall, doorsteps, sidewalk and gutters, comes next in order. By this time the fire and water will be in a proper state to commence washing, and that once begun, the laundress should be exempt from any other duty, save to feed the furnace, until the washing is finished and the clothes brought in and folded.

On Tuesday the same routine, while the fire is kindling and the irons heating; after that the laundress gives her undivided attention to her ironing. She should be up in season to finish sweeping stairs, hall, etc., and commence her washing and ironing by seven; and then, unless the washing is very large, an ordinarily bright girl should have all finished by Tuesday night, and be ready to give her full time to the chamber-work—making beds, sweeping, dusting, washing windows, etc., during the remainder of the week.

The waitress is often expected to take charge of the furnace, but we can not think it is desirable. If there is a fire to be lighted in the parlor or sitting-room—to remove the ashes, wash the hearth, and have the rooms dusted and in readiness for the family, and then put her table in order, is all that she will be likely to do well. Besides, after working in the cellar over the furnace, she can not be fit to wait on the table without taking more time to free her hair and dress from ashes and dirt than she can spare, if you would have the breakfast served promptly. And what is more disgusting than an untidy waitress? The waitress should have charge of parlor, dining-room, silver, answering the bell—and on Monday and Tuesday do the chamber-work.

Where but two servants are kept—and we are inclined to think

the fewer servants the better the work is done—of course the two must divide the work, each assisting in the washing and ironing, but the cook still retaining the charge of the meals.

SPRING LABOR.

Moths.—The first few days of April are too near kin to March to warrant any decided steps toward the regular spring house-cleaning, but it is quite time now that special attention be paid to *moths* and their characteristic destructiveness.

In furnace-heated houses, moths are occasionally found in mid-winter; but they are only the advance guard of the main army, and do little harm, save by the annoying reminder of what one has cause to fear in spring.

In April they will begin to show themselves very much in earnest; and are seen too often for your comfort, particularly after the gas or lamp is lighted. If an expert, you may destroy many, as, attracted by the bright light, which lures them to destruction, they fly around you; yet enough remains to keep you constantly on the look-out. We know of no remedy, when moths have once gained entrance to a house, but ceaseless watchfulness. They often deposit their eggs in the "fret-work" and open spaces in cornices, as well as in woolens and furs, and therefore all such hiding-places should be searched after carefully. In high-studded rooms it is difficult to reach these sheltered nooks, and therefore in them moths too often find a secure retreat. But although difficult, it is not impossible to dislodge them, even from these high places. A tall step-ladder, with a little care, and some one to steady it at the base, can easily be mounted, and, from this height, you readily gain access to your enemies. If the carving is deep and intricate, take a quill, and with the feather-end brush out these holes into a dust-pan—follow this brushing with a wet cloth wrapped round a pointed stick. It takes time, care and patience, but is very necessary. In houses that are not often painted, you will probably find large quantities of dust and

lint, that have accumulated and settled from sweepings, in the cornices. In this the moths deposit their eggs; and when hatched, the worm, which eats your garments, may be found here, snugly rolled in its thin covering, or perhaps just ready to fly through your house, depositing its eggs—for the next generation of moths.

A new house, left for months unoccupied, or an old house long untenanted, it is said, will surely be overrun with them. For this we do not vouch, but are quite inclined to credit it. Our first experience of the plague of moths was on taking possession of a house, almost new, that had stood empty some months—a dearly-bought experience, the debt for which is not fully canceled after more than fourteen years. In all the cornice ornaments we found large quantities of the eggs and worms snugly laid to sleep, till the warm spring sun should rouse them to begin their mischievous expeditions among our furs, blankets and garments. Many were fully developed, and flying about in search of some choice place to deposit their eggs.

The spring and summer are their busiest time; and as soon as it is warm enough to dispense with furs, heavy shawls and woolen garments, they should be well shaken and brushed, then hung on the clothes-line and beaten with the furniture *whip;* every spot or stain cleansed, and repairs attended to before being done up and put away for the summer. Each housekeeper has, probably, her own theory as to the best way for packing up such articles as moths injure. Some put pepper, camphor, cedar-chips, sandal-wood, or Lyon's moth-powder among the articles to be stored away, and then sew them up in old linen, or closely cover them with two or three thicknesses of paper, lapping one over the other, leaving no holes, and then seal the paper up with mucilage. We prefer the paper wrappings; but feel a little safer if we sprinkle Lyon's moth-powder over the articles before sealing.

We have been told that strips of cloth dipped in kerosene, rolled up and placed among flannels, furs, etc., which should then be shut tight in a cedar trunk or close drawer, will surely prevent moths from injuring them, destroying the eggs, or such moth-worms as are already in possession.

This appears sensible, inasmuch as moths are said to be repelled

by any pungent, disagreable smell. And surely, if that be so, kerosene would be most deadly.

In carpets, moths generally seek the corners and secluded places. For that reason it is essential that in sweeping, at all seasons of the year, one should see that great attention is paid to the corners and edges of carpets. Never attempt to sweep there with a common broom. You can not get at the corners. Take a wisk-broom, or a round, pointed brush, such as is used to clean buttoned furniture, called a *furniture button-brush*, and with it clean out the corners where the carpet is turned in. It is also well to have close at hand a pointed stick, which, with a cloth wrapped about it, will enable you to pry into every nook thoroughly. Every few weeks it is well to draw the tacks in the corners a little way, and, turning back the carpet on to a thick paper or old cloth, give the edge a faithful brushing. It is under and near these corners that moths love to secrete their eggs.

Then there is another place where they love "to congregate," and that is in the "good-for-something" closet, where many people are tempted to lay aside a quantity of useless articles or cast-off clothing, from a vague economical idea that, perhaps, they may find a use for them—*some time.*

We knew a careful father who, if he saw one of the family about to throw away any thing, would always say: "Oh, no; I wouldn't destroy it. It may be good for something, some day. Just toss it into the waste-closet up here"—a low, dark closet under the roof, with a crescent cut in the door, through which dim rays of light occasionally penetrated; where naughty children were sometimes put for punishment, but who found so much hidden treasure among the "good-for-somethings" while in "durance vile," that they were in no haste for release. This closet was known among the children as "*father's good-for-something* closet." The only good things they ever knew come out of it, however, were rich themes of loving raillery at the father's expense, when the good mother was compelled to overlook the accumulation of weeks, and have a "clearing-up" time.

We do not like this habit. Articles once thus packed away are seldom used, except as shelter for rats, mice and moths. To "look

over," dust and repack a quantity of useless rubbish time and again, is a sad consumer of time and patience.

When there are so many poor people needing assistance, it is wiser and better to give to them those things which you see no way of using; or, if not even worth giving to the poor, it is certainly better to destroy them forever.

TEACH THE BOYS.

"What an idea! Teach little *boys* to be useful! I wish you would tell me how; for of all the restless, awkward, mischievous, troublesome comforts on the face of the earth, I do think boys are the most trying. I am sure I love my boys just as much as I do my girls; but it is so much harder to manage them, to keep them out of mischief, to know what to do with them. They were vexatious enough when we were boarding; but now when, with four children on my hands, I am but just entering upon my novitiate as a housekeeper, feeling my way step by step, they fret me woefully. They are under my feet all the time. Too young to be sent to school more than a few hours a day, or to be turned out to play with chance companions unattended, they hang about me, uneasy, restless, fractious, teasing for something continually. I often think it would be a comfort could we put them on a shelf to sleep through the unquiet, turbulent period of childhood, to wake up full-grown men. My little girls always can find something to do; but the boys—*make boys useful, indeed!* It would be a true benefactor who could teach mothers how to accomplish such a marvelous thing!

"I notice that you very wisely and skillfully combine instruction with amusement in your management of your little girls. I watched with much interest how pleasantly you were teaching them to be useful, while they felt the work to be only amusement. 'I wonder which of these little girls would like to run and bring mamma a few apples;' and away, in great glee, trotted little three-year-old Kitty with her little basket.

"Would Mary like to help mamma pare this nice red apple? Which, think you, can make the largest paring without breaking? How happy the little lady was to leave her play and make the trial! Why not make the same effort to amuse and instruct your little boys?"

"Would you have me teach them to set the table, wash dishes, sew or try to work?"

Do you not believe they can be taught all this as easily as girls? We hold that, in a large family, each one, boy or girl, should be taught to be useful; to help their mother in-doors and out, and, above all, learn to help themselves. This they can not do if allowed to be idle.

In the city, and in families that depend entirely on hired help, it is more difficult to train children to be industrious and useful. It is not well to let the young, imitative little ones be much with servants, certainly not unless the mother is there also; and all instructions of a practical nature should be given by her and practiced under her eye. Wealth is by no means to be despised; but when it is so employed as to remove all labor from us, or so free us from care that we do not teach our children how to make themselves serviceable, it is no blessing, and may become a curse. Those who have begun life poor, and worked their way to wealth by real hard labor, forget, when their children start up around them, how much true, solid pleasure was in their struggle for this well-earned prosperity, and as they relax their exertions, and begin to feel the enervating effects of wealth, remember only the hardship, forgetting the pleasure. Because there is now no absolute necessity for it, they shrink from their children following in their early steps, and so cheat them out of the strength and independence for which no amount of gold can in any way compensate.

But we are neglecting the boys. We will give you an example which will explain somewhat our idea of making children useful—boys and girls alike.

We remember a large family in which there were seven boys. They were not *driven* to work; but from their earliest childhood were, little by little, trained to understand and do all kinds of *out-door* work pertaining to a large farm; but it was also understood

that they were to lend a helping hand *in-doors* whenever the mother or sisters needed them. They knew they would only be called in when it was quite necessary, but very early recognized the importance of knowing how to do any thing that came before them. If the mother or sisters were sick or absent, they could so far fill up the gap as to keep things comfortable till health was restored. They could dress the youngest, make a bed, sweep a room, make a cup of tea or coffee, broil a steak, or wash the dishes in a very satisfactory manner.

When quite little, not old enough to understand heavy or rough work, they were allowed any amount of play; but it was expected that all but the baby must do something useful, something that was *work*, in the course of each day. So, little by little, as they trotted about after mother, they gathered up something which, in mature life, was of great value.

The family lived some miles from church, and as it was customary to have preaching in the morning and afternoon—with Sabbath-school between them—they took a slight lunch of crackers or gingerbread, stayed through all, and returned in season for a late dinner and tea united. Now, it was a settled rule that the parents and part of the children should go to church every Sunday, rain or shine; and the oldest children, boys and girls, "*took turns*" in staying at home to get dinner and take care of the baby.

They all took great pride in having every thing in order, and a good dinner all ready when the church-goers returned; and the boys' housekeeping was as creditable as the girls'. None felt it to be a hardship; on the contrary, those who were too young to be left in charge looked forward with great anxiety to the time when they should be allowed to "take their turn" with the older and more favored ones.

When these boys left home for school or college, a box, with scissors, needles, thread and buttons, was always placed in each trunk; and the lost buttons were replaced, and the ever-recurring rents repaired by their own hands; and with the stitches went many thanks daily to the wise mother who had taught them to take care of themselves as well as be helpful to others.

Now, my dear young housekeeper and anxious mother, do you

not think your little sons would be less restless and fretful, and far more happy, if you allowed them to "*make b'lieve*" that they were a most important help to you, until, by a little patience and indulgence, you succeeded in making the imaginary help a reality, repaying you in later years for all the slight inconvenience and annoyance you experienced in teaching them, and insuring comfort and independence to your sons under whatever circumstances they may be placed.

A TALK ABOUT BEDS.

I wish there was no such thing as beds. I don't believe the comfort of them is equal to the trouble and annoyance of having them well made and cared for. I am ashamed to ask any one into my chambers, for my beds are a perpetual vexation to me. They look as if tossed up by a whirlwind; the mattress laid on unevenly, every inequality as visible as if the occupants had just risen. The sheets and blankets never find their proper place, and the pillows are as hard and knotty as if made of cotton batting. I try to teach my girl how to do the work properly, but unfortunately am too ignorant myself to speak with authority, and I have no doubt she is aware of my deficiencies, so my words are idle breath to her.

"If you don't know how to *tell* a girl, go to the rooms with her, and *show* her how you wish the work done. That will be the easiest mode for you, and more likely to be remembered by the pupil."

Alas! I don't know how to make a bed neatly myself. I never attempted it in my life until I was married. Ah! if I ever have daughters they shall be taught how to care for their own rooms, and make their own beds neatly, however rich we become or how many servants we may employ.

"That is wise and right. Though riches may relieve one of much hard labor, they should not enervate or incapacitate for such an amount of exercise as is necessary to secure a vigorous

muscular development, and also enable one, in an emergency, to step in and perform with ease and independence whatever there is to be done. Riches can not insure us against a 'hitch' in the domestic machinery now and then, and every girl should be so taught, that in her father's house, or in her own, she can bring 'order out of confusion' by an independent use of her own hands."

It is important that once a week every thing should be removed from the bedstead in order that all the dust and lint, which will lodge about them, may be removed, and occasionally they need a faithful washing, that the dust and lint which will settle in the slats, about the joints, springs or moldings, may be removed.

The mattress should be thrown up every morning for a good airing, and when this is done turn it over, under-side up, and then proceed to make the bed.

Making beds is a very simple thing. Every housekeeper may have some rules differing from her neighbor in this as well as in every department of labor; but there are some that are common to all.

The mattress being placed evenly on the springs or *palliasse*, beat it hard to remove *lumpy* places, and next spread over the under-sheet, *right side up*, with the wide hem to the top, and, raising up the mattress with the left hand, fold the sheet smoothly under at the top and bottom; then fold under at each side, bringing the sheet very tight and smooth across the mattress. (By having a wide hem at the top and a narrow one at the bottom, there is no chance that by any one's carelessness you may one night sleep with that part of the sheet to your face which the night before covered your feet.) Now, spread over the upper sheet, *right side down;* then, as you put the finishing touches to the bed, in turning the upper sheet over on to the spread at the top, the right side of the hem will be outside. In spreading on the upper sheet, bring it well up to the head of the bed, that you may have a handsome, generous width to turn down; lay it very smooth and straight, then put on the blankets, folding both upper sheet and blankets nicely under at the foot; but bring them only so far up at the head as will cover the shoulders and not turn down doubled across them.

The bed-spread comes next. It should be put on very evenly,

the middle fold of the spread coming just in the middle of the bed, drawing it up toward the head about as high as the upper sheet, a full foot above the blankets. Now lift the top of the blankets with one hand, and fold the spread smoothly under them on one side of the bed, then pass to the other side and proceed in like manner. By this mode, the spread will prevent you from being annoyed with the rough blankets should the sheet get misplaced during the night. This done, turn the upper sheet down over all, drawing it as smoothly as possible, and tuck all down at the sides, between the sides of the bedstead and the mattress. When tucking under the last side, draw spread, blankets and upper sheet as taut and straight as possible, giving the sides of the bed as even and true a line as possible. Now, put on the *sheet tidy* if you use them; and they are desirable, even if made of cotton, and perfectly plain, as after one night's use the upper sheet becomes wrinkled and tumbled, and the bed can not be made to look as neat as one could wish. Then lay on the bolster, well beaten up, in its clean, white case, placing the pillows, which have also been faithfully beaten, above all, and dress them with *tidies* to match the sheet-tidy.

Some prefer to have the bolster put on beneath the under sheet; in which case the sheet is drawn so high up as to allow plenty of room to fold under the lower side of the bolster before turning under the head of the mattress.

A bed thus made will be smooth and level on the top without a wrinkle, and as square and straight at the side as if boxed in wood.

This is all so very simple—after one becomes accustomed to it—that the *old ladies*, who have all the mysteries of housekeeping as familiar and entirely at their command as the alphabet, will shake their heads and vote this a very stupid waste of time and space; but they have forgotten how acceptable minute directions were in their young days. So we will encourage ourselves by hoping that some tired young housekeeper, who has groaned over ill-made beds, may find some crumbs of comfort here which will remove a part, at least, of her many annoyances.

MARKETING.

It is very important that every lady should understand how to select and purchase such stores as may be needed in her family. This knowledge must be acquired in girlhood. Mothers should allow their daughters to accompany them occasionally in their market expeditions, quietly explaining, as they pass from one stall to another examining the various articles needed, their reasons for rejecting or purchasing. We are all inclined to "put off," from day to day, this part of our domestic instructions, which our daughters greatly need; "we are too busy," "in a great hurry," and "can't be hindered" by answering the thousand "whys" and "wherefores" with which young children follow us. It is, to be sure, something of an annoyance, but very trifling compared with the pleasure our daughters will take in going with us through our daily rounds, if we begin this training while they are small. Let them occasionally make a few purchases themselves; give them their choice from among certain unimportant articles, and then explain the rule by which they will know how to select the best or reject the imperfect. Such lessons must begin early, or, ere we are aware, our little girl has discarded her dolls and stands by our side, a lovely woman; and before we realize this bewildering change the voice of the charmer has awaked another love in her heart, for which she leaves father and mother for a new home and new cares. Happy for us if we have so taught her that this new yoke shall be easy, and these new burdens light.

In marketing, we would not advise roaming from one store or market to another, after one has become sufficiently acquainted in a city or village to have a correct idea of the quality of the produce and the character of the vender. Until this knowledge is well acquired, one must, for one's own security, make trial of many; but when well assured that you have gained a fair estimate of both quality and character, it is, we think, better to make most of the purchases at one place. The grocer, butcher, fish and poultry dealer will take greater interest in serving a regular customer to

the best, at reasonable rates, than one who may not buy of him again for weeks, and it certainly is a greater saving of time and trouble than to purchase of many. If they can not supply your present needs, it is for their interest to send out and procure what you want; and we think they generally do this with pleasure, and with a hearty wish to give you the best.

In buying beef, remember that ox-beef is the best. The animal should be five or six years old before it is killed, if you would have the best beef. If well fed, it will be fine grained; the lean should be of a bright-red color, and well mingled with fat. If there is not a good quantity of fat running through it, the beef will be tough, and not well-flavored. The fat should be a rich, clear white, just tinged with yellow, and firm, and the suet also. Heifer or cow-beef is paler than ox-beef, firmer grained, the fat a clear white, and the bones smaller, but it is not as rich or juicy. When the animal is too old or badly fed, it is of a dark red, the fat skinny and tough, and in very old beef a horny substance will be found running through the ribs. When it is pressed, if the meat rises quickly from the finger it is good; but if the finger-dent rises slowly, or not at all; do not buy it; it is poor meat. The sirloin and the middle ribs are the best for roasting. If you buy a sirloin, have it cut from the "chump end," which has a good undercut or fillet. The rump is often preferred by epicures, but, being too large to roast whole, a roast is usually cut from what is called the "chump end." Porter-house steak is the best for broiling, but not the most economical. One rib is too small for baking; it dries in cooking, and is not good economy unless you take out the bone, roll the meat and stuff it, when it makes a nice dish for a small family.

Veal should be small and white, the kidney well covered with fat. If the calf is over ten weeks old, the meat will be coarse. The flesh should be dry and white. If coarse-grained, moist and clammy, have nothing to do with it. The fillet, loin and shoulder are the best for roasting. The breast, well cut and jointed, makes a fine stew or pot-pie, and is better economy than when baked or roasted. Veal is excellent to make "stock" for soups; the knuckle or the poorer parts of the neck are just as good for soup as to use the more expensive parts.

Mutton should be dark-colored, and have plenty of fat. The color determines the age, and age is considered a mark of excellence in mutton. It should be five or six years old to satisfy a lover of mutton. All the joints may be roasted; but the saddle, and next to that the haunch—the leg and loin undivided—are the best. Chops are cut from the loin, cutlets from the leg, the best end of the neck or thick end of the loin. The leg and neck are often boiled.

Lamb should be small, pale-red and fat. Best roasted. The leg, when the lamb attains a good size, is excellent boiled.

Pork should never be bought except from a butcher whose honesty you are sure of, and who knows where the pork was fattened. It is not a very healthful meat at the best, and none should be used unless corn-fed. There is much bad or diseased pork sold, and it is very dangerous food. If the flesh feels flabby or clammy to the touch, it is not good, and should not, on any account, be used. If there are kernels in the fat, let it alone. The fat should be hard, the lean white and fine in the grain, and the rind thin and smooth.

As soon as your meat of any kind is brought home from the butchers', wipe it with a clean dry cloth. If in summer you find any "fly-blows," which is very common, cut them out at once, and no harm will be done. In the loins a long pipe runs by the bone, that should be taken out immediately, or in a few hours it will taint and spoil the whole joint. If the meat is not to be used at once, dredge it with pepper. Powdered charcoal dusted over meat will help to keep it sweet, or will remove any taint already begun. It is wise to keep charcoal on hand during warm weather; it is wonderfully efficacious in preserving meat, and, if dusted over it while hanging, it can all be washed off when you are ready to cook it. Most meat is more tender and easily digested if kept hanging some time, and charcoal is a great and reliable aid in preserving it. Lamb and veal can not be kept as safely as beef and mutton.

In choosing turkies and fowls, bear in mind that the male bird, if young, will have a smooth leg and a short spur, eyes bright and full, feet supple. The hen may be judged by the same signs; and if these are not found, be sure the birds are stale and old.

Ducks, geese and pigeons should have pliable feet; if stiff, they

are old. In all, the vent should be firm; if discolored or flabby, they are stale. This last sign should be remembered in judging of all poultry or game.

The eyes of fish should be bright, the gills clear red, body stiff, and smell not unpleasant, or rather, not stale; for we imagine that fish can never be of a pleasant smell, however palatable it may be to the taste.

As far as possible, buy all stores by the quantity; if nothing else, you save the weight of paper—no small item in the course of a year; but there is always some reduction when an article is purchased at wholesale. You save the retail commission, if nothing more.

In warm weather, meats, of course, can not be bought in large quantities, unless for a large family who are in possession of a good ice-house. Rice, tapioca, raisins, etc., are an exception to this rule. They should never be bought in large quantities except for boarding-houses or hotels, as they are very easily filled with insects.

A store-room should be very dry, and supplied with a good number of shelves and drawers for stores of all kinds. A thick slab should be placed across from one end to the other, so high that nothing suspended from it will hit the head in passing through it. In this should be some strong hooks to hang hams, dried beef, tongues, baskets, etc. A neat step-ladder should be kept in one corner, by which you can easily reach whatever is needed. These hooks are a great convenience, not only to put away your marketing, but so many things keep better for being suspended where there can be free circulation of air; and a store-room must be well ventilated. Eggs keep well hung up in a basket, or in *nets* made for that purpose. Buy your lemons in June and July, when freshest, cheapest and most plentiful, by the box, and suspend them on these hooks in nets, and they will keep all summer.

REPAIRS.

"The mother, wi' her needle an' her shears,
Gars auld claes look amaist as weel's the new."

A friend writes: "I have been much interested in the Grand Patching and Darning Exhibition; but my husband is rather skeptical as to any great good resulting from it. He seems to think it a waste of time to do this work with such particularity, and doubts if, in these days of plenty, women will find it necessary to patch, piece and darn so elaborately. I reply, that probably a large portion of those who have seen or read of this work, may never be called upon to do it; yet we know that there are many, very many, who are, and will be, compelled to *economize material, though at the loss of time;* and therefore I think this exhibition will prove a good thing, if it should lead to a more thorough knowledge of the way to do this work well. How much more respectable and comfortable the poorer classes could be made, if the wife and mother understood how to piece, patch and darn neatly, and so contrive that the smallest scrap could be used to good advantage, and present an attractive appearance. I wish you would give us a chapter on this subject."

So much has been said, and well said, since this exhibition was first planned, that a word from us may seem quite superfluous. A motherly care, however, tempts us to venture—though we do not intend to weary our readers with many words. Every point has already been ably discussed, and we can furnish nothing new.

Possibly, many of those who have read about this "darning and patching" have turned away, saying: "Thank Fortune! I shall never need to employ myself about such work. I should feel that I was spending my time foolishly." Would the time spent in perfecting yourself in this accomplishment be more wasted, think you, than that which you give daily to crocheting and embroidering a host of things unlike aught in heaven above, the earth beneath, or the waters under the earth? And yet the time spent in fancy work has taught you little that you could turn to practical use

should reverses befall you—and who is secured against reverses? Fortune is fickle, and policies taken out in her insurance companies are not reliable.

We would not speak slightingly of many kinds of really elegant fancy articles and ornaments which women's skill has wrought. If you have the time to spare, then—"these ought ye to have done, but not to leave the other undone." Should disaster come, and any of us be compelled to "rise up early, and sit up late, and eat the bread of carefulness"—to plan and turn and contrive, using all the skill we possess to "gar auld claes look amaist as weel's the new"—how thankful we should be that, in our younger and more prosperous days, we had been taught this art, and by it were now able to carry with us into our altered circumstances a power to bring light out of darkness. If one knows how to renovate and remodel, there is far more genuine pleasure in using the knowledge to construct new out of old, than can possibly be gained while shopping on the most extravagant scale. To walk into a store with a full purse, and buy, without stint, whatever the eye covets; to send the material to the dress-maker, and have it made and brought home without an effort on our part, is a tame enjoyment compared with contriving the dress from a scanty pattern, or from odd bits and ends. We weary of that which costs us no toil or thought; the charm soon vanishes, and we seek for something new.

Now, suppose you examine a dress that has done good service. It is somewhat spotted, and a good deal soiled; but you say: "It is so pretty and becoming, I shall feel like losing an old friend if I throw it aside. What can I do to renew its beauty?" If the material is silk or woolen, even of the most delicate colors, you can very easily clean it without fading. After ripping it with care, prepare equal parts of alcohol, soft soap and molasses. Half a pint of each will clean a silk dress, unless you have wasted twenty-five or thirty yards on one dress. In that case you will need a larger quantity of the preparation. Have near you two small tubs or pails of water—one warm, the other cool—unless the material is woolen, when you should use hot water for both. Spread one piece of the dress at a time on to an ironing-sheet; dip a clean sponge into this very dirty-looking but very effective wash; rub each spot sep-

arately till you have cleansed it; then, keeping the sponge wet, go over the whole piece, wetting it thoroughly, and carefully removing the dirt and spots. When satisfied that you have done your best, rinse the piece faithfully in the first water; do not wring it, but hold it up and let it drain a moment; then shake and snap vigorously to remove as much water as you can. Put it through the second water in the same manner; snap as dry as you can, at least so that it will not drip; spread smoothly on the ironing-sheet, and iron quickly. Be careful to *iron by a thread*, and iron till perfectly dry. Have your irons as hot as you can use without scorching. If the material is the same on both sides, iron on that which was first used as the outside of the dress, but make it up inside out.

This preparation is such a vile, dirty-looking compound, one would suppose it would ruin any thing touched by it. Not so, at all. We have cleaned the most delicate silks and ribbons—blues, violets, pinks and greens—and have never failed to secure a very good renovation of the materials, without changing or weakening the color, or leaving the harsh, stiff crackle on the silk which washing usually gives.

Having cleansed the dress, now suppose you see how much ingenuity you can display in remodeling it. Change the gathers or pleats, that the most wear may fall on stronger spots; alter the position of trimming to hide some weak place, or improvise something to suit the exigencies of the case. If cracked or much worn at top and bottom, cut off all that must go; then cut the upper part of the skirt off from the bottom, about as high up as you wish your trimming to go, and set in a piece of lining or paper muslin, to supply the length of what you have cut away from the broken parts of the skirt. Over this "sham" lay the fold, puff, ruffle or flounce you have prepared for trimming. It is good economy, we think, to buy a large pattern when you get a new dress, that there may be some left for repairs, at least for new sleeves and waist; but if you have none, *piece—piece*, very neatly, of course, and with ribbon, silk or velvet, of a color to contrast or harmonize with the dress, form your trimmings.

By skill, a garment may be so entirely metamorphosed that your "dearest and best" will compliment you on your new dress. The only good thing about the present style of overskirts,

flounces, panniers, bows and every conceivable and inconceivable shape of trimming, is that it is a wonderful help in making old things new.

Some time since we noticed that a young friend, who is generally remarkably neat and simple in her taste, was rather more elaborately dressed than usual. We honestly complimented her on the pretty silk, the fine fit, and very becoming color.

"But I see," said she, "you refrain from a word of commendation for my trimmings. They don't suit your taste, I know, my friend; and pray don't think they are in exact accordance with my own. Let me tell you a secret. Every bow, band, strap, fold and frill hides a piece set in, or a hole mended."

In the midst of a large company, there was not a lady that appeared more genteelly or better dressed than our friend. If there were more like this modestly independent and industrious girl, we should hear very little of the talk, so common nowadays, that young men are unable to marry, *because* the young ladies are so extravagant. It would be said, on the contrary, that it was because the young ladies would not have *them*.

BUT A MOMENT'S WORK.

"Ah! I see you have spied my bonnet and shawl thrown on the sofa, and think me sadly careless and untidy; but really I was so tired I couldn't put them away when I first came in, and then I forgot all about them."

But you were not too tired to go to your room, have a good wash, brush your hair after your walk, and make yourself quite neat, I perceive. Would it have added greatly to your fatigue, think you, to have taken the bonnet and shawl with you, and put them at once in their proper place? If you begin your new life by putting every thing where it belongs, you can hardly imagine how much time you will save, how much real comfort you will secure, or how many temptations to irritability you will avoid. Nothing

tries the patience more than to find yourself compelled to search all over the house for a missing but indispensable article, particularly when a certain monitor in your own bosom whispers that, when last in use, you tossed aside that which now you so much need, because too tired to put it in the one only proper place. One moment's care *then*, would have saved all this wasted time *now*, and secured your own self-respect. A little painstaking, a little practice at the beginning, will soon prepare you to be exact in the smallest things, with scarcely a thought—almost by instinct. And really these *little things* occupy but a few moments. Yet the neglect of them lessens, and the careful performance of them adds, amazingly to the sum total of your pleasure and comfort. Let us look for a moment at some of these apparently insignificant items.

When you come in from a walk or ride, go at once to your room before removing your outdoor attire. Take off the gloves first; pull out the thumb and fingers smooth, like a new pair; fold together and lay in the drawer. They will wear twice as long, and always look new. Then remove the bonnet; brush it with a velvet brush, or, if of lace, with a feather-brush, kept for the purpose. Straighten the strings, and fold smoothly across the crown of the bonnet, or roll up and pin together, and lay the bonnet in the box. Then take off the outside garment. If a cloak, brush it thoroughly; see that no button, button-hole or trimming is breaking, and hang it up, or fold and lay in the drawer. If a shawl, shake off the dust and fold neatly, but not always in the same *creases*, as they are apt to wear rusty or break if not often changed.

All this, taking so many words to tell, will occupy but a few moments to perform, and then you are ready to brush your hair, and wash your hands and face, before going to your sitting-room. But if callers are waiting for you when you come home, in no case wait to lay off your garments, but go in at once and receive them, with your walking or riding attire still on. In the first place, it is not kind to keep friends waiting; and, secondly, you will be tempted, if you remove your things first, to toss them off hurriedly, and most likely forget them for the remainder of the day.

At night, on retiring, if you leave your garments just as they

fall from you, an unsightly pile on the floor or chairs, will you be more inclined, or have more leisure, when you rise in the morning to put them away than at night? Would it not be wiser to shake off the dust and hang the clothes up in a closet, leaving the door open till morning, that all perspiration may be dried and the garment well aired? Many garments are molded and ruined by being packed away in a close closet or drawer before they are fully dried, as well as by being thrown into a heap, and injured by the wrinkles thus made. In the morning, throw your night-clothes across a chair by an open window, till well aired, and then hang them up in a well ventilated closet. This is much neater, as well as more healthful, than to roll them up or fold ever so neatly and put under the pillows, as many do. They never can be fresh and pleasant when you put them on again at night, if folded and put away from the air.

"Oh! how tiresome to be compelled to think of every little item. It would kill me in a week. But some are 'to the manner born,' and all this careful thought comes as easy as breathing."

You mistake. Let me tell you a short story.

Many years ago, two little girls lived in a large, old-fashioned house, but none too large for the ten wild, frolicsome children who occupied it. Care for the house and children required many steps and much hard work. The good mother conscientiously believed it her duty to teach her children to help take care of themselves, and to help others also, and to do whatever they undertook faithfully.

This was not an easy lesson for those young girls to master, nor indeed for any of this large flock; but the youngest, giddy and thoughtless, found the order, regularity and scrupulous neatness that was exacted, a great trial, and sinning and repenting were the usual routine of each day—the sinning so frequent, and the repentance so evanescent, that any one but a mother would have despaired.

Returning from school, on the youngest's tenth birthday, both girls were called to their cheerful, sunny chamber, and on each side of the east window stood two pretty new bureaus. Their mother showed them how neatly she had placed every thing belonging to them. "And now," said she, "remember that once a

week I shall examine your bureaus. I shall not let you know when. Most likely it will be in the night, generally when my work is all done; and if I find any thing, however trifling, out of place, I shall be compelled to wake you, and make you get up and put all in order. Please try and remember this, my dears; for it would not be pleasant to leave your warm beds some cold, winter night, to do that which you should have done before you slept. Or, perhaps, some day, just as you were ready to go on a pleasant excursion, how sad it would be to make you stay at home, because you carelessly neglected mother's requests. It will grieve me if compelled to do this; but I know of no other way to break up your exceedingly careless habits."

And what was the result of this experiment? If the rule, so needlessly strict, was transgressed, it must have been a very cruel mother who could have executed the threatened punishment.

On the contrary, it was one of the truest mothers the sun ever shone upon; but the children well understood that her word, once passed, was unchangeable. One or two little pleasure expeditions lost, and rising a few times, in a New England's winter night, soon rectified the naturally careless habits; and the cure, though for the time not joyous, was thought, in after life, a small price to pay for establishing a habit of order, which soon became a second nature, and no burden. Indeed, it was a lesson for which they had cause to bless the good mother hourly.

JUNE CARES.

There is much of romance and beauty in the month of June, partly imaginary and partly real. During the frosts and snows of winter, the sharp winds and dreary storms of spring, our thoughts turn with most affectionate longings toward June—the month of loves and roses. Yet, when she comes, hardly any other month of the whole year brings so many little frets and annoyances as the month of June.

The first two or three days, so warm and balmy, lull us into a dreamy state of delightful rest and security; but we wake to find damp, foggy mornings, with mists so dark and dense that you long to cut a window through for the sunshine, which you feel must be held in durance vile behind it. Particularly is this noticeable if living near a river. All through the first half of the month we have cold, stormy days; suddenly, damp, sultry, sticky ones. In the morning we are uncertain how to dress. If warm, and we put on cool, thin garments, perhaps in an hour or two a chilly wind sweeps by, and, shivering and quite uncomfortable, we resort to breakfast shawls or sacks—they are a little too much, and we drop them, only too glad, in a few moments, to draw them close about us again; or, in an obstinate fit we refuse to yield to the demands made by these sudden changes for warmer clothing, and a heavy cold is the result. The wind has a decided partiality for the east most of the time in early June. If it veers for a few hours to the south, it is in an unsteady, wavering manner, and soon turns back to the east again. The result is, that the first half of June will very likely keep you in an uncomfortable, dissatisfied state of mind. Every thing molds; clothes grow damp in drawers or wardrobes, or the washing is caught out in a shower just as it is half ready to be taken in. It is decidedly "falling weather." Be watchful to guard against any infelicities that may follow these changes, patiently accepting what they bring, that can not be avoided. That's the only true way. This variable weather usually lasts till the middle of June, sometimes later, when we may look for more settled but very warm weather.

The flies have been reconnoitering—sending out scouts, during these few weeks of mild weather—but as the warm days become more permanent they come on with their main army. We have put the moths to rest; but these intruders, if not as mischievous, are equally as hard to manage and quite as persistent. There are various kinds of "fly-paper," around which, when in use, certainly lie large numbers of the slain to certify to the virtues of the paper. It is doubtless of some benefit, but does not by any means free us from this great vexation. The famous "old woman," who always says all the smart things, advises not to pull out a gray hair, as

she assures you that a dozen will come to the funeral, and also makes the same assertion about killing flies. We don't quite accept this as fact, yet we intend to discard fly-paper this year and see how the experiment succeeds. It is a dirty, mussy remedy, requiring one to be incessantly on the watch lest flies who have tasted the paper fall into food, or lie about in an unseemly manner. If servants in the kitchen or dining-room have any gifts toward *neatness*, this constant "litter" makes them cross; if they have not that gift, the careless way they allow the dead flies to lie about, and the fear that they may approach too near the cooking, *may* make the mistress cross also—two evils to be scrupulously avoided.

During the heat of summer we are compelled to keep open doors and windows, but these lawless intruders know, apparently, the moment when we lift the latch or raise the window, and swarm in upon us in myriads. To secure the air and baffle the flies we have found mosquito-netting a great help. A simple frame of pine, about an inch and a half wide, fitted closely inside the lower sash, with mosquito lace or net nailed neatly across it (galvanized nails or tacks should be used to avoid rust), is the most effectual safeguard we have ever tried. The frame must not be quite as high as the lower sash, as room is needed to push in the spring to open or close the window. The outside doors and those leading from the kitchen to the dining-room may have frames fitted in the same manner—the frame having a cross-piece in the middle. It can be hung on hinges, having a hook in the cross-piece to fasten it with, while the real door may be kept open all day, excluding the flies, but leaving it free for the air to circulate. By a few days' extra care the family will soon learn to close this net-door, or swarms of flies will quickly remind them of any heedlessness in this matter. A wire net is the most durable, although more expensive at first; but it will soon repay the extra expense, for lace or netting must be removed every year. If wire is used, it should be painted white, else the room will be unpleasantly darkened by it. But, notwithstanding these precautions, the flies will often effect an entrance, especially into the dining-room when dishing the dinner, or when merry, heedless children rush in and out, always forgetting to close the door. Cut old newspapers in strips, an inch

or an inch and a half wide, nearly the whole length of the sheet, leaving only about two inches uncut at the top. Take a smooth round stick about two feet long, and, laying three or four of these cut papers together, wind the uncut part about the stick. Tie the paper on with a strong twine very tightly, so that it will not slip, leaving the long ribbons of paper hanging loose, and you have a most effectual *fly-brush*. Keep one always on hand for the kitchen and two for the parlor and dining-room. If the flies have secured an entrance during the dishing of dinner, when it is served spread a large piece of netting over the table to protect the food from dust—or the flies you may brush down. Open the door, let two persons take each a fly-brush, and, standing opposite the door, swing the brush in concert through the room swiftly toward the door, and it will be amusing and gratifying to observe how hastily the intruders will vacate the premises. One or two well-directed charges will leave you free to shut the net-door and partake of your dinner unmolested.

MILK AND BUTTER.

July and August are trying months for those who have charge of milk and butter, unless the work to be done is performed in large establishments devoted entirely to it. When a milk-house is built under large trees, to shield it from the fierce heat of the midday sun, with a stream of pure cold water running through it, the labor is diminished full one-half. Indeed, we should not call it labor, but an exhilarating amusement to take charge of such an one as we saw in Norwich, Chenango County, N. Y. We have not thought of it since without a longing, amounting almost to coveting our neighbor's *work*. To find this house among the trees, away from the confusion and turmoil of the town, which is shaken by the ceaseless din of mere noisy occupations, was most restful and tranquillizing—the music of the rich green leaves, among the long, sweeping branches, and the gentle murmur of the restless brook

could not fail to give a spring and elasticity to the spirits that must in a great measure overcome the sense of fatigue. This was our first impression as we stood outside the unpretentious building, and it was in no wise changed when we stepped upon the smooth floor, as white as good soap, fresh water and a willing arm could make it.

Our attention was immediately attracted by the sound of machinery. In the further corner of the room stood two large barrel-churns, the dashers of both moving up and down with an easy, uniform motion, impelled by the wheel and belt overhead, to which they were attached. No fears for the aching back and tired arms neutralized our enjoyment; for the woman in charge sat, resting by the open door, till the butter was ready to be taken out into the "butter-worker."

A large trough, some twelve or fourteen feet long, six or eight wide, and perhaps four deep (we simply use our Yankee privilege of *guessing* at the dimensions), and lined with tin, was placed in the middle of the room, when the curd for "skimmed cheese," made from milk after all the cream was removed, was "set." This and the churning arrangements occupied half the building. The other half was a large tank, through which the water from the brook flowed continually. Into this reservoir, always full, tall tin-cans, between two or three feet high, and perhaps a foot across, were set. Little danger that milk in that cool bed would sour before all the cream had been risen. About this tank ran a wide shelf or ledge, on which stood great tubs of golden butter, waiting to be sent to market.

In the second story, equally cool and clean, large shelves were placed, where the cheese is kept to dry or ripen, entirely separate from the butter.

This is a very tame description of a mode of labor which was to us exceedingly interesting. We must now hasten to speak of that which is real care and labor—the management of small dairies, where butter is only made for home consumption.

The most scrupulous cleanliness must be recognized as being absolutely indispensable. If all else is done to perfection, and *that* is wanting, you can not have good butter. As you skim one mess,

be sure that the shelf on which it stood is faithfully scrubbed and left unoccupied until it becomes dry. Every utensil used about milk or cream should be kept for this, and drafted into no other service. Many object to using soap in washing milk-pans, pails, etc. But we have great affection and reverence for soap, and can not imagine that its free use can harm any article employed about a dairy. We always insist that the pails, pans, skimmers, butter-prints and churn be washed in *very hot* suds; if a servant fears to risk *her* hands, we use our own. A small-pointed scrub-brush must be used to scour the seams, corners, handles, etc., of all the utensils, and particularly the *strainers* in the pails. After this scrubbing is well done, rinse in an abundance of hot water, and then pour over all a large kettle of *boiling* water. Let the articles stand in this a short time, then wipe with clean towels, and turn down on a stand or shelf, prepared for them, outdoors where the sun will sweeten them perfectly. Even in rainy days, better leave them out an hour or two that they may have the benefit of the air at least, if deprived of sun; then wipe them dry, and bring into the milk-room before night.

A small unpainted tub should be kept expressly to wash milk things in. The brush, wash-cloths and drying-towels ought all to be marked, and never used for any other purpose. See that they are washed, scalded and hung to dry, outdoors if possible, every time they are used.

If the milk-room or cellar is small and not ventilated, it is very difficult in July and August to keep milk sweet long enough for all the cream to rise. While the weather is very hot, unless one has a deep, cold cellar, or a spring of water running through it, it is well to *scald* the milk when first brought in. Have a kettle half full of boiling water over the fire, strain the milk into a clean pail, and set it into the boiling water until it gets scalding hot, but not boiling. Be sure and remove it before it rises in *wrinkles* on top. If too hot, the butter will have a disagreeable taste. The butter is never quite as good, but the cream rises more rapidly before the milk has time to change—a very important gain.

In warm weather, with no more protection than is generally found in small dairies, it is not often possible to keep milk over

twenty-four hours before skimming. Every minute the cream remains on the milk after it changes, is an injury to the butter. Thirty-six hours is the proper time for milk to stand when the weather is cool enough to keep it sweet. Some keep it forty-eight hours, on the plea that more butter is secured. We doubt if it is so; but whatever is gained in quantity by keeping milk so long unskimmed is certainly lost in quality. Many think it important to keep the cream till *ripe* or sour before churning. We think it a mistake—if *good*, sweet butter is the thing sought. In cool weather we churn when the cream is as sweet as that which is used for coffee. In July and August the cream *will* sour, and the flavor of the butter shows the difference. As soon as the butter "comes" it must be well washed down from the sides of the churn and gathered into a mass. If very warm, wash a piece of ice and put into the churn, leaving the butter five or ten minutes to harden before putting it into the "butter-bowl," which, with the butter-ladle and churn, should have been kept full of cold water all night. When the butter is firm enough to work over, take it into the bowl and throw in a handful of salt; we fancy it causes the buttermilk to run off more easily; work out all the buttermilk as gently as possible—too much working or rough handling injures the grain of the butter. This done, pour in ice-water, wash the butter through that, pour off, and add more till the water runs clear. Twice washing, in a generous quantity, should be sufficient. Then taste, and see how much more salt is needed. After the washing, press the butter with the ladle till no water runs, toss it into a compact roll, cover with a clean linen cloth, and put into the ice-chest till next morning, when it must be again broken up, worked over, and packed into a butter-pail or jar, pounded down compactly, and covered with strong brine in which pulverized saltpeter—a great spoonful to four quarts of brine—has been dissolved. Cover the jar or pail closely, and set in ice-chest or a cool place.

This method will insure good butter the year round. It is the buttermilk left in most of our market butter that gives us so much poor butter. If that remains, no brine or care can make it sweet.

WHEN DOCTORS DISAGREE, LET COMMON SENSE DECIDE.

Many of the directions for regulating household labor are so widely dissimilar that young housekeepers find it difficult to judge which to select as the most reliable. We are surprised, in examining magazines and receipt-books, to note the numerous conflicting statements, coming, as many of them do, from those who stand as model managers and most reliable authorities.

Not many weeks ago a young and inexperienced, but conscientious, housekeeper came to us in the lowest depths of despondency. One of her "guides" described the mode of doing certain important things, as she thought, very sensibly and clearly. Another gave rules wide apart from the first. For instance, one in washing white flannel gives advice similar to that already given, and after washing shake up and down with a clothes-stick till cool enough to put through the wringer twice, snap, pull in shape, and hang on the line evenly, changing it on the line several times; then fold tightly before very dry for an hour, and press while damp, drawing it into shape while pressing. All very correct, we should say, except putting through a wringer. That injures flannel, in our judgment, making it hard and knotty.

But the next authority she consulted was very explicit in directing that flannels must be soaked over night in *cold* water, then wrung into a *cool* suds, rinsed in *cold* water, and, if fair, *left out over night to bleach.*

This advice we, for one, should most certainly object to, and feel that our flannels were yellowed, shrunk, and in every way greatly injured; and yet these directions were given by one who is recognized as good authority.

The young lady had the misfortune to spill some grease on a carpet. She flies to her books of instructions to learn how to remedy the disaster; and one tells her to lift the carpet, stretch it on a clean floor, pour on boiling water plentifully, and with a stiff brush scrub the carpet very thoroughly; pour on more boiling water and

scrub again; then rinse, and, wiping the floor dry, stretch the carpet on the line to drain; then nail it down while wet to prevent shrinking; raise all the windows, if a sunshiny day, and, tying a coarse dry towel on a broom, go over the carpet many times to absorb as much of the water as can be done, changing the wet towel to a dry one often; then leave the carpet to dry.

Another advises soap-suds with ammonia, only raising the carpet, and to lay some old cloth underneath to absorb the grease. Then scrub the grease-spot with this suds, and, if needful to hold the colors, put in half a cup of beef's gall. As soon as the grease disappears, rinse, and with old soft cloths rub till nearly dry.

Another assures you that any quantity of oil or grease can be extracted from a carpet by laying dry buckwheat-flour on the spot plentifully, and removing it to add fresh, clean buckwheat-flour as often as necessary. When the grease disappears, brush all the flour off into a dust-pan, and the carpet will be as good as new; but never wet the carpet to take out grease-spots.

The first direction we think ruinous to any carpet but some old rag-carpet, the second very good advice, but the third the best of all, and entirely safe.

Now, mystified by many conflicting rules (and we have only given a small sample), what can an inexperienced housewife do? We know of no better advice than to let the good common sense, which in a true-hearted, sensible wife develops rapidly in times of responsibility, come to the front; not to discard rules that are laid down for a housekeeper's guide, but to weigh them calmly, and accept or discard independently, as careful trial of each shall determine. It is true that economy must be kept in mind while allowing young, untried common sense the privilege of experimenting; but with care little need be wasted. Some trials may not give satisfaction; but if one experiments on a small scale in matters of food, there will seldom be a dish prepared that can not be eaten with a degree of comfort. In cleaning, repairing, rejuvenating articles, try only a little spot at a time; or make a spot—which is better—on some old rag that will be no loss if thrown away. That will give a good chance of trying several ways before deciding

which will be the most effective on that which can not be thrown away.

But why should there be so many conflicting statements? We certainly know how it has originated in several instances. Many have written on household affairs who have never had practical knowledge. They see the workings only from the outside—the surface work. They do not know how much time or thought the mistress of this domain gives to the work, what mistakes are made, or what remedies applied to prevent the mistake being known. Sometimes mistakes in cook-books occur by accident. We recall a receipt in a cook-book, that used to be very popular, that will clearly show our meaning. The dish was arrowroot pudding, and part of the direction read as follows: "To one pint arrowroot add half a cup of sweet milk; beat it smooth and free from lumps till like cream!" Any cook, and most housekeepers, will understand the impossibility of following that direction and the utter absurdity of it. It would be impossible to even moisten a pint of arrowroot with only half a cup of milk. And many a young housekeeper has grieved over her lack of success when trying to follow this rule. We desire to comfort those young matrons whose mistakes arise often from no fault of their own, but from a lack of practical knowledge in those who attempt to teach; and we also would show those who try to follow books as housekeeping guides, that they must bring to their aid their own judgment and common sense in testing the lessons taught by the most able treatises on Domestic Economy.

SUPERFICIAL NEATNESS.

No doubt many think there has been quite enough said and written on the importance of thorough and systematic cleanliness in every department of household care and economy. We by no means desire to advocate the distressing neatness which must make those who practice it drudges and slaves, as well as make the home where it is practiced a place more than all others to be dreaded

and avoided. Besides, we have little confidence in that neatness which is practiced with a flourish of trumpets. We have had occasion to know that a display—an effort to call the attention of every one to wonderful labors and surpassing neatness resulting therefrom—is very likely to be found, after all, not more than an outside show. The work that is too loudly blazoned will seldom bare a rigid investigation. That which is done thoroughly but quietly is the work that has unassailable foundations, and is perfectly finished in every department.

We most earnestly desire to show to the young particularly, how truly a perfect neatness, pervading every portion of a woman's work, instead of increasing labor eventually lightens it.

Let this mode of working, or having work done, be so confirmed as to be a second nature, and the mistress of the family need have no fears. Guests who may come to her unexpectedly will not disturb her equanimity. She is well assured that the home machinery is in perfect working order, that there need be no uneasiness or excitement. She knows her table, however simply provided, will be neat, and the food which is to be set before her husband will be the best she can afford. What is good enough for him who furnishes the means of providing is good enough for any guest, however honored.

It is a recognized law in the family that her house, from cellar to garret, must be kept in order always—not by fits and starts—and all parts of the work well done and at the proper time. If this mode of keeping house has been the rule from the beginning, the lesson of systematic labor and thorough neatness, though at first hard to learn and practice, once mastered will have borne rich fruits. Unexpected guests may, of necessity, increase the labor, but far less than in unmethodical, unregulated families. The mistress's face is unclouded. She meets her guests cordially and calmly. No servant rushes about wildly to see if rooms are aired and dusted and in proper order. The friends are shown to their apartments without one doubt on the part of their hostess but they will find a welcome in the neatness and cheerful appearance of the room as soon as the door is thrown open. No mysterious, anxious glances pass between mistress and maid, no hastily whispered

question or direction is seen which the guest can easily interpret in this wise:

"Is every thing right in the chamber?" Or, "Run quick and see if we have enough in the house for dinner."

So, where the true kind of unfailing neatness reigns, there will be found peace and contentment. Once start the machinery on the right track, with all parts skillfully lubricated by the kindly, watchful care and supervision of the mistress, and one sees the work go on with an ease and celerity that can never be found when the labor is performed superficially, and with insufficient supervision.

We know there are so-called housekeepers who sit in their parlors, and, calling a servant to their side, give their directions for marketing, and feel that their household labors for the day end there. They never spend a few moments in personal inspection. If the food comes on the table in any thing like a comfortable condition, they are content. But is that the sum total of duties that belong to the mistress of a family? Is she not the custodian of the means the husband places in her hands to secure the comfort of their home, and with the expectation that it will be carefully expended and nothing wasted? No matter how skillful the cook may be, is it not well that her mistress should quietly inform herself that there is no extravagance or waste?

And after the meal has been partaken of, does care cease? Who will skillfully gather up the fragments, that nothing be lost? Not one servant in a hundred—and that is a low estimate—will give this point any attention, if her mistress does not superintend or give the matter enough thought to see that her directions are obeyed. For how many weeks will the sweeping, and particularly the dusting, be thoroughly done, unless the girl knows full well that her employer "looketh well to the ways of her household," and will surely find out any short-comings that may be indulged in? How much time or labor will a girl save herself by attempting to slight her work? For one day she may secure a few minutes, but retribution waits closely on unfaithfulness. She will find one day's neglect doubles, or manifestly increases her labor for the next.

The thorough neatness which we advocate is not simply for the

pleasing of the eye or for present comfort. Health, as well as pride, calls for it. Carelessness, if unnoticed, goes on from one item of neglect to another; and it is astonishing how short a time elapses before even the most easy and inefficient housekeeper will begin to marvel what can have filled the whole house with impure air and disagreeable odors. Even then she may not dream that lack of careful watch on her part has tempted to untidiness on the part of her maids. A child is taken ill, grows worse, dangerous symptoms are developed, and, in spite of energetic treatment on the part of the physician and unceasing nursing by the mother—now roused to activity—it dies. Another falls in the loveliness of early childhood. The mother is next prostrated; but her fears for the husband and children still left help her struggles back to life, the wreck of her former self. It may be she lives to see other woes come upon her.

The physicians call it diphtheria, and talk of carelessness on the part of the builders of the house, bad draining, imperfect sewerage; and no doubt in many instances they are correct. But were they at liberty to make close investigation, we think they would be amazed. It would not be considered quite proper for a family doctor, however trusted and familiar, to look behind the flour-barrel, to pull out the meat-barrels in the cellar, to examine the safe and open the refrigerator, to start back in blank astonishment at the odor that assails him. Let him look closely into those places, and, while he may bear witness against poor drains and deficient sewers, he certainly would feel that careless housekeeping and unfaithful servants have had an equal share in bringing sorrow into the house and blighting the parents' hopes. There are very many most excellent housekeepers, but a multitude who are culpably careless.

LITTLE THINGS—BUT USEFUL.

Some articles that are very palatable when cooked, fill the house with such offensive odors while being prepared, that one inclines to dispense with their use rather than make the house so uncomfortable. But a little care will remedy this evil almost entirely. For instance, what can be more sickening than the smell of boiling cabbage or turnips? A lump of charcoal put into the boiling water with the cabbage will almost entirely remove the offense; and if a cook can be made to understand that the doors leading to the halls and dining-room from the kitchen *must* be kept closed, and those leading outdoors, together with the windows, must be open, no one will be annoyed by the fumes from boiling cabbage.

In boiling "greens," the atmosphere all over the house is often tainted with the offensive smell until it seems like a low-class boarding-house. Take a lump of bread as large as a hen's egg, tie it up in a clean cloth and put into the kettle with the greens, and it will absorb all troublesome odor.

Housekeepers are often greatly troubled and perplexed by mildew from damp closets and from rust. By putting an earthen bowl, or deep plate full of quicklime into the closet, the lime will absorb the dampness and also sweeten and disinfect the place. Rats, mice and many bugs that are apt to congregate in damp places have a dislike to lime. As often as the lime becomes slacked, throw it on the compost heap if in the country, or into the ash-barrel if in the city.

Often articles of value in polished steel, particularly knives, are left damp, or water is unfortunately spilled upon them. If this is discovered before the rust has eaten through the plating or polished surface, it can easily be removed without defacing the article. But if they have lain long unnoticed, and the rust has made its way through the surface, they must be taken to some manufactory where there is an emery-wheel used for polishing, or some jeweler will be able to finish them off as good as new. But in the case of knives and forks, they will never be quite as strong, because, in removing

the rust, they must be ground down before repolishing, and will consequently be thinner.

We have lately been informed by an accomplished housekeeper that she does not waste her time in trying all the new moth-destroyers or preventives. For years she has used nothing but ground black pepper. She spreads out her blankets and such things as she desires to pack away for winter, and sprinkles them plentifully with fine black pepper, such as she uses on the table. She does not study economy in its use, but, buying it by the pound, sifts it over with an unsparing hand. In the fall it can all be easily shaken out into a sheet, then put into a tightly covered can and kept for the next year. In the fall, when needed for daily use, spread the articles on the line, and, imagining that a good chance to sneeze unrestrained is comforting and cheering, give each article a faithful beating. If no dampness has come nigh them while packed away, the fine, dry pepper will be easily dislodged and leave no annoyance or disagreeable smell behind, as camphor and the various papers and preparations of carbolic powder do. We have been in the habit of using cayenne pepper of late, and found it a thorough preventive; but it is very severe on those who use it. The black pepper may be equally effective, certainly far less troublesome; but we have never tried it.

Since hearing of this moth preventive, we found the following, which is well authenticated:

"A lady, called to pack up her woolens and valuables unexpectedly for two or three years' absence, had little time or strength to be over-particular. So she tossed the pepper (black) with random lavishness—by the pound—through each trunk, box and bag of bundles, and, sending them off to a great storehouse, left them there untouched for three years. On her return she found all—wool garments, fur-trimmed and lined articles—perfectly unharmed. Well peppered, and without any extra care, every article was clean, fresh and undamaged. In fact, this is the best way in which pepper can be used: better than wearing out the delicate tissues of the stomach by a liberal use in our food. It is, to be sure, useful when put into the shoes on a cold journey, or when the blood needs to be coaxed down to the feet; but in view of the above evidence, the chief end of

black pepper is to defend mankind from powerful robbers, in form and color so indefinite, that even in the matter of identity they are capable of deceiving their most familiar victims."

Now, we have great faith in this statement. We have seen that red pepper does do this work thoroughly, and are confident that black pepper will be equally powerful, and less painful to the applicant. If housekeepers will give pepper of any color a fair trial, we think it will be satisfactory. Certainly a less disagreeable agent than kerosene, which has been largely and satisfactorily tried to protect against moths, but is not a pleasant remedy.

Red pepper plentifully sprinkled in the tracks of rats and mice, thrown into their holes wherever found, and about the places where they have broken through, will most surely drive them away. Their feet are very tender, and if they once walk over such a fiery path, they are not inclined to repeat the experiment. Why should not the moth be equally sensitive and sensible?

Cheese can not be long kept after cutting without growing hard and difficult to manage except by grating, unless carefully covered. Earthen or glass cheese dishes, with a bell top to cover closely, are good, at least much better than to risk it uncovered. But if a linen or cheese cloth is dipped in white wine, wrung so dry that it does not drip, and the cheese perfectly wrapped up in it, there will be no difficulty in keeping any cheese quite moist, and the flavor will improve rather than deteriorate.

In making tea, the Russians put a slice of lemon and a teaspoonful of lemon-juice to each cup. No milk is used, but sugar to suit the individual taste. Most or many persons spoil their tea by letting it boil, even if for a moment. The tannic acid is extracted by boiling, and that is both bitter and unwholesome. Boiling hot water should be put into the tea-pot and the pot kept hot, or, after rinsing it in hot water, which is always done, to be sure it is perfectly sweet and clean, drain dry, put in the amount of tea to be used, cover closely, and set where the tea-pot will be kept hot until ready to make the tea. Fresh water should be put into the tea-kettle after pouring out all that may have been left in it, and the tea made the instant this fresh water is fully boiling. If the water is left to boil a long time before using, it becomes stale and lifeless, the best properties

of it passing off in steam. When the boiling water is poured on to the tea in the hot tea-pot, let it stand not over three minutes before serving, and you will have the perfection of a good cup of tea, that is, if the best quality of tea is purchased. This refers to the oolongs and all the varieties of green tea. But in making the best of English breakfast, many make the grave mistake of supposing that class of tea must be boiled, if only for a few minutes. The same rule holds good with English breakfast that should be followed in making oolong and green teas, with this exception, it requires to stand longer than the other kinds before serving. If made, as all tea should be, by the mistress at the table, then a plated or bronzed tea-kettle over an alcohol lamp, filled with fresh-boiled water, will be set before the lady. When making English breakfast tea, remove the cover from the tea-kettle after the boiling water has been poured on the tea, and set the tea-pot over the kettle for not more than three minutes. In that way all the strength that is palatable or wholesome is extracted, and there will be no complaints that the tea is lacking in delicate aroma.

TRAIN UP A CHILD IN THE WAY HE SHOULD GO.

In their undue anxiety to obey this injunction, morbidly conscientious parents make their own lives and their children's miserable. Feeling that "as the twig is bent the tree inclines," so a child almost invariably is what his parents make him, they are in continual alarm lest they should show any tendency to excuse a fault, or any leniency in dealing with it, and thereby guide the child into danger. Led by this fear, they visit the first appearance of wrong with great severity.

The slight deviation from rectitude in young children, that are overflowing with animal spirits and quick impulses, need not bring alarm or great anxiety to the parents' heart, though it may be sufficient cause for gentle reproof and quiet, careful watchfulness.

Much that young children do which requires careful handling and often causes discomfort, is mere animal instinct, while they have as yet no idea of self-control, and are too young to judge of the effects of their actions.

Selfishness and irritability, or quick temper, heedlessness and obstinancy, are usually manifested daily in a family of children, and only need a tender, loving, judicious hand to so control and modify them as to make them in mature years a blessing. No parent desires to see a child so precociously developed as to have no childhood; and the little infelicities that start out now and then, causing some trouble and perplexities, only need to be watched over and graciously led. For as the child goes on toward maturity, the mother will see that the quick temper, ready to blaze out for the smallest trifle, was but the dawn, unregulated and not yet under control, of a fine sensibility, and often of strong, active intellect; that the stubbornness and obstinacy of the little one, just on the threshold of life, was but the first step which, by skillful, not severe training, can be developed into that firmness and necessary decision of character which is the finest type of manliness.

If to control these first developments of traits that give the parents uneasiness, and sometimes acute fear, the discipline is severe, and the necessary watchfulness takes the form of constant reproof or chiding, there will then be great cause for alarm. That which when it was first manifested was only a very slight tendency to disagreeable and annoying traits, and, by proper cultivation, might have ripened and matured into the best fruit, is often, by overcare, by constant fault-finding and irritating reproof, made to grow into most unlovely characteristics, and a life become blighted, warped and wicked that had the elements, if rightly directed, of becoming the staff and stay of the parents' declining years.

Children are often made deceitful through fear of the parents' perpetual reproofs or sharp criticisms on their childish actions. Few children lie from a love of it; but the habit is more frequently begun to escape fault-finding or punishment. A weak or nervous character is very liable to begin or lay the foundation of deceit

through this fear, which at first is no sign of unnaturally wrong instincts or innate depravity. Such children, more than any others, need to be upheld by the parents' mature judgment, and slowly learn the first principles of self-government.

But as children grow toward maturity, upheld through the process by the parents' firm but loving guidance, they rapidly change; discarding those traits that seemed tending toward recklessness and dishonor, they gradually develop into noble, truth-loving, honorable characters. But this happy change will depend, under God, chiefly upon the wisdom through which parents, and especially mothers, temper their firmness and government with unmistakable love.

On the other hand, parents are in more danger of ruining their children by over-indulgence—by winking at wrong-doing, or even laughing at real errors as simply childish folly, which will be soon overcome—than they are by over-much government. Some strong characters there are which, even from earliest childhood, are not seriously injured by the most foolish parental indulgence. They seem to have no disposition to be willful, deceitful, disobedient or obstinate; but by far the largest number of children—foolishly indulged and petted—grow up, if not absolutely ruined, yet very unlovely, despoiled of half their best qualities by lack of parental government and judicious guiding. "Take this child and nurse it for me, and I will pay thee thy wages," said the Egyptian princess to the mother of Moses. But it is also the teaching of our Father, when he commits to the mother's hands the nurture of an infant. And how rich is the reward if the mother seeks divine guidance, and nurses and leads her children up to maturity in the love and cheerful obedience of her Maker's commands! Let every mother consecrate herself to the service of Him who gave his life for her, when the first-born is laid in her arms, and then, with the help that always comes with such consecration, let her teach her little ones how the Savior loved little children, and took them in His arms and blessed them.

This story of the Savior's love for children—often repeated—simply and cheerfully, will greatly aid a mother to keep fast hold of their hearts, and make the years of maternal care very sweet

and precious to both mother and child. Let no mother be indifferent, or show any lack of sympathy in the little troubles and sorrows of her children. Teach them to come to the mother's side with every annoyance, however small, in perfect trust that she will comfort or show them a way of escape, that they may be able to bear what to their young hearts seems a great sorrow.

If parents will enter so far into their children's amusements and plays, as to listen cordially to all they wish to tell—laying aside their own work, if they can, or an interesting book, for the time being, to share their pleasures—their hold on them will be greatly strengthened.

The days when these little *gifts* or *loans* are about us in the nursery—or just outgrowing nursery days—but still at home and under parental guidance, should be the happiest, richest days in a mother's life, if she uses them rightly. Like clay in the hands of the potter, these children can be molded and made beautiful and good, by the example and loving words of father and mother; or by severity, lack of sympathy, and equally as much by over-indulgence, they can be made unlovely, disagreeable, useless—cumberers of the ground.

WASHING-DAYS.

"If it were not for the washing, housekeeping would lose half its terror. But I rise every Monday morning in a troubled and unhappy state of mind, for it is *washing-day!* The breakfast will surely be a failure, coffee muddy, meat or hash uncooked, or burnt to a coal, every thing untidy on the table, and the servants on the verge of rebellion. With a meek and subdued countenance, with fear and trembling, lest some unlucky word of mine may infringe upon their dignity, and cause them to leave before the washing is finished, I go softly about the house."

This ought not so to be. In the first place, if you allow your-

self to be kept thus in bondage to your servants, you destroy all hope of comfort. Let them once see that you fear to give them offense, and from that hour they are your tyrants.

Define distinctly the appropriate duties of each; but with this proviso, that in emergencies they will be required to lend a helping hand, in any department, where their services are needed. Let them understand unmistakably what your rules are—for you can not manage a household without well-digested laws and regulations—then kindly but firmly make them know that you will have no infringement upon those rules.

"I wonder how long any girl—my Bridget, for instance—would stay were I to take such independent ground."

Probably not long, if she has learned that she can intimidate you; and once aware of that, the sooner she takes her leave the better for your future peace—that is, if you will be taught by this experience to begin right with her successor. Those servants who fully recognize the lady as their *mistress*, in something more than name, are generally the most respectful and reliable.

Never allow a girl to give a disrespectful answer, or manifest irritability, simply because the work for some days in the week may be more distasteful than on others, and never permit them to *threaten* to leave you without insisting that the threat shall be carried into effect, unless an ample apology is given; for if passed over submissively, it will be repeated whenever the girl's temper is ruffled. Not for our own selfish comfort alone, but for the good of all who are compelled to employ servants, should we defend our own rights and position—not till there is concerted action, and organized rules that will define the duties and rights of mistress and maid, and these rules strictly enforced, will this plague, which leaves us at the mercy of our servants, be stayed.

And now let us see if there is really any good reason why washing-day should be so full of terror. If one is feeble, it is not easy—*nothing* is—but to a strong, healthy person, it ought not to be burdensome, even if one is obliged to do it one's own self, particularly with the aid of all the "modern improvements."

Twenty years ago the tubs and wash-benches were to be brought from the cellar or area, all the water pumped, and often carried

some distance, heated in a boiler, then poured into the tubs, and every article wrung out by hand. Then, in the city, tubs were carried out into the streets, and the dirty suds emptied into the gutter. But there was little complaint then of hard work. What would the girl of the present day think if expected to work under such disadvantages?

Now we have wringers, hot and cold water in the laundry, "tubs set," generally, which can be emptied at pleasure without a step, making the washing of a medium-sized family not as laborious as the Friday sweeping of a large house. With one or two servants in the house, to divide the work, washing is not, and should not be considered, a hardship.

Put the clothes to soak over night, rubbing soap on the collars, wristbands, bindings, etc., of each article. We have found Babbitt's soap very satisfactory, safe and much more economical than most soap. It is excellent for bleaching. Cut up several cakes in sufficient water to dissolve them, and let it boil till the soap is all dissolved, then pour it into a wooden pail, or old butter tub that is well cleaned, and, when cold, it will be nice soft soap, and keep well as long as it lasts. This is a good way to prepare any soap for soaking or boiling clothes. But it is more economical to have a cake of hard soap, to use for the dirty spots, while washing.

Rub soft soap on the dirtiest parts of each garment when you put them to soak, and just cover them with water. Table-linen should be soaked in a separate tub, and washed first; the fine clothes, sheets and pillow-cases put in another, and stockings and coarse things in a third tub.

Early Monday morning put hot water in the first tub, enough to make it of a pleasant temperature to begin the washing Table-linen and all fine or starched clothes should be washed and hung out first, that they may be dried before night. If any are left out over night, it should be the stockings and underclothes, both sheets and dish-towels; the latter should be soaked by themselves, and washed in water that has been used for *nothing else.*

When a boilerful has been washed, rub soap on all bindings, collars, etc., and fill the boiler with cold or lukewarm water, and set

over the range to boil, not over twenty minutes; then take them into a tub, adding enough cold water to make it comfortable to the hand, when ready to put them through the second suds. While the first set of clothes are boiling, of course those for a second boiler-ful are being washed and ready to be put in as soon as the first is removed, that no time may be lost. When the second is over the fire, get the first through the next suds and the two rinsing-waters, which should be blued and ready as quick as possible. Do not be sparing of rinsing-water. Have your largest tub two-thirds full, and put in but a few pieces at a time, so that each article may have unobstructed benefit of a large body of water, and all the soap may be removed. Wring and shake out, and put into the second rinsing. Shake out each thing from the last rinsing, snapping them smooth, lay them loose into the clean clothes-basket, and hang out to dry before you begin on the second boiler. Careless rinsing and wringing will soon turn clothes yellow. When two girls assist about washing, one should rinse and hang out while the other is washing. It greatly expedites the work, of course, if they do not spend half the time talking; but it must be a very large wash that, even with but one at the tubs, is not all on the line before two o'clock.

Refined borax, in the proportion of one large handful of the powder to ten gallons of boiling water, is said to save nearly one-half the soap, and make the clothes beautifully white and clean. It is a neutral salt, and will not injure the fabric. For laces, cambrics, etc., an extra quantity is necessary. The washwomen of Belgium and Holland, so famous for the beauty of their work, use borax instead of soda.

TOO MUCH OF A GOOD THING.

Many old and experienced housekeepers find it difficult to believe that there exists any necessity for the minute and particular explanations and directions which we have given from time to time.

But we have been led to think this course advisable from the urgent requests of the young and inexperienced themselves, for whose benefit we chiefly write. Letters of rebuke or criticism are often received from some of the model housekeepers, which are childish in the earnestness of the censure, simply, we are inclined to think, because they do not realize how many of our young ladies are needing more than all the minute details we are endeavoring to supply. But it is not strange—remembering their own well-regulated childhood—that they do not understand how large a number of the young ladies of the present day are entering into womanhood, and all its cares and responsibilities, unblessed by such advantages in domestic education as their mothers enjoyed. Even these self-same critics, ambitious of giving their own cherished daughters the privileges and polish of the most fashionable seminaries, may have sent them early from home before they have had an opportunity to profit by their mothers' lessons. Now, this being the case, what assurance have they that their girls, when the *finishing* process is completed, may not return home eager to "enter society," and quite unwilling—or, if allowed to begin the wearisome round of fashionable life, quite unable—to *spare time* for the tame domestic lessons their mothers fully intended to teach, as soon as the young maidens were once more under their care? Or, having "*come out*," who can promise that the daughter will not rush into matrimony before these very desirable lessons have been mastered? If her child assumes the care of a house, utterly ignorant of the duties which these cares must bring, will she not be thankful for such simple instructions as will show her how to begin?—for one must creep before they can walk.

One good dame is quite sarcastic because, a few months since, we gave minute directions for making beds and regulating chambers. In the same mail with this critique, came several letters from young housekeepers, rehearsing their troubles and mistakes—the many grievous annoyances springing from their ignorance—and begging for rules and hints, even more simple than we had already given. "Tell me *any thing*, just as you would a little child—for I know absolutely nothing of household labor."

We refer to these rebukes, only that we may, in explaining the sad necessity for such simple instructions, make one more effort to

rouse mothers to think of this matter, hoping thereby to impress them with the importance of more thoroughly educating their girls in all domestic duties. The well-trained maidens of fifty years ago were thorough housekeepers before marriage. Perhaps they may not have been so closely confined in schools as the present generation—happy were they if health and usefulness were more valued than mere superficial polish—yet some of the best and most highly cultivated women now living were trained in the strictest forms of the "old time's ways," and added to the greatest intellectual attainments that domestic culture which prepared them for more certain happiness, with brighter prospects of performing woman's best and holiest duties satisfactorily, than the daughters of the present day can hope for, without some marked change. In looking back we realize, as only those who have left youth far behind them can do, how much more conducive to true happiness and real enjoyment that mode of training children was than the prevailing custom of this period can be.

Parents err greatly when they allow their children to forget that they should not live simply for themselves—their own selfish ease and enjoyment. In the hours of study, close application is desirable; but in the intervals they should not be allowed to suppose that there is nothing else for them to do but seek their own amusements. They should be taught the folly of spending the time not set apart for study in idleness, in giving and receiving frivolous calls, or in mock-shopping, which means nothing more than troubling the clerks, without the first intention of buying. This is no preparation for usefulness or happiness in maturer years.

After suitable application to study, it is necessary that books should be laid aside, and rest from mental labor secured; but we do not believe that children, any more than their elders, should seek rest through entire idleness. When the mind rests, the body demands full and vigorous exercise. At such times let the mother rest, while the daughter takes her place a little while, and with young, elastic steps secure for her body an hour's suitable exercise, either outdoors or in, in a useful and sensible manner.

"Would you prohibit all amusements or pleasure—making the changes to be only from mental labor to bodily—with no relaxation?"

By no means. Sports and amusements have their appropriate hours as necessary as study or exercise; but let each be of a character that will keep the body strong, and the heart pure, and full of all sweet and gracious, unselfish qualities. Give to friendship and pleasure all that they can justly demand; but not a moment to gossip, or such pleasures as lower the tone of the character or exclude an idea of useful employment.

In olden times this idea of usefulness may have been too rigorously enforced, under the influence of the strict puritanic habits which our forefathers contracted through many trials and great persecution; but, however that may have been, the result gave us noble women—useful, happy women—for a useful life is the only really happy life; and then women taught their daughters, even when in position to secure the highest intellectual culture, that while French and Latin, and all the English studies, together with music and painting, were desirable, they were not to forget that there was something of even more importance—the perfect understanding of all that pertained to home and domestic duties The first was *right*, but the last *indispensable*. Fifty years ago, how many young women could have been found who, when they had accepted the duties and responsibilities of wife and mother, would need to say to another, "Tell me what to do, and how to do it? Teach me as you would a little child its alphabet, for I know nothing belonging to domestic affairs?"

It is to aid the unfortunate, whose mothers, out of mistaken tenderness, have defrauded their daughters of their birthright, that we write; and also in the earnest hope that mothers will recognize the duty of teaching their daughters how to become women, richly dowered with those rare attainments which will enable them to make their home like the garden of the Lord. Or, if mothers will not rouse from their slumbers, we hope, by giving our young housekeepers the primitive instruction their mothers neglected, to teach them lessons which they, with loving care, will impart to their little ones; and, remembering the mistakes and mortification which their own ignorance caused them, enable them to secure the next generation against the same experience.

CHILDREN'S TROUBLES.

How few realize that the troubles, frets, disappointments and annoyances which cross the path of little children are as real—as hard for them to bear patiently—as those which cloud our brows, make us impatient, robbing us of rest or self-control! The pain they bring the young, fortunately, is not as lasting, else they could not endure it. The childish heart is as yet full of hope, and its sources of enjoyment so simple and so easily supplied that the present pain can be more speedily soothed, by anticipations of coming pleasures, than will be possible in more mature life. Still the darkness and disappointments that often come to the little folks bring, for the time, as acute pain as older people can feel, and worse in this respect: that the child's heart has not yet learned the secret of quiet, silent endurance.

A child, it is true, finds its pleasures and makes its plans on a small scale; its hopes and anticipations are usually centered on what its elders consider trifles. But, to the young, their plans and pleasures all seem of the utmost importance, and they can not understand the indifference shown by their parents or elder brothers and sisters. They cling to their fancies as earnestly as men do to the great schemes which they labor night and day to perfect. The child values his small possessions as highly as men do the millions they have gained by hardships, self-denials and ceaseless labor. Then the "children of a larger growth," who have battled for years to ward off reverses and disappointments, to place the wealth so hardly earned on sure foundations, have had time to learn, by many sad experiences, that there is always an element of uncertainty in every plan or scheme that human wisdom or foresight can weave together, and, therefore, though hoping for success, they recognize the danger, and are more or less prepared for the failure.

Not so the young. It takes many and grievous disappointments to teach them to look for shadows over their bright hopes and rose-hued expectations. For this reason, when such losses come to their young, undisciplined hearts, and the brightness of their

anticipations goes out in darkness, the sense of loss is far more acute, for a time at least, than older hearts will feel when their most important projects come to naught.

Children often suffer real injustice, and are quite as keenly alive to the feeling that it is cruel and unjust, as their elders can be. The parent, teacher or playmate who is responsible for the wrong and the sharp suffering it brings, of course, it is to be hoped, has no intention to act hastily or unkindly. But what to the little ones is of untold importance seems to their elders so trivial that parents do not feel it is worth while to investigate and ascertain the true state of the case. So in a hasty, off-hand manner they silence the complaints of the child, and decide the case in a way that will often cause it intense pain, and plant the first seeds of distrust. Their confidence is shaken in the wisdom of those who should watch untiringly to secure the most perfect development of the best qualities in those young minds which are so dependent on their care and prudence for the wise use of the authority vested in them.

If parents could understand how much the future of their children depends upon their thoughtful care, on their habits and manner of training their little ones when young, they would feel the great necessity of weighing well their words and acts; they would bear in mind that their own convenience, ease or pleasure should not be of more importance than the comfort and happiness of their young children. No innocent pleasure and enjoyment should be sacrificed to the too common plea that it is "inconvenient." Do parents imagine that they can enjoy the blessings of seeing their little ones grow up around them without making many sacrifices of their own present ease and convenience? They should rather count any sacrifice for the innocent amusement and healthy development of happy, loving natures in their children as all joy; for, by judicious indulgence and tender sympathy in the small pleasures and rights of the little ones, they may safely look forward to the time when their lads and lassies will cluster around them, in full maturity, the crown and rejoicing of their parents. Then, as loving sons and daughters, they will repay, by the tender, watchful care of their parents' declining years, all the self-sacrifice, the tenderness and indulgent sympathy bestowed upon their childhood.

We do not believe in that indulgence which has no limit and exercises no control, and think that, perhaps, while wishing to exercise proper restraint, and truly seeking the best good of their children, there may be as many parents who over-govern as there are who deny the little ones perfectly safe and harmless pleasures, for no reason whatever but that, by allowing them the mother will find it inconvenient or likely to curtail some of her own outside enjoyments. Yet the first desire that every thing they do should be for the best good of their loved ones; the second act from purely selfish motives.

No mother need to be a slave to her children, or give all her time and thought to their pleasure and amusement. It requires but little to make them supremely happy. Loving words, gentle smiles, "stooping"—if so one chooses to term it—to notice and manifest pleasure and interest in all that pleases and interests them, listening to their childish remarks for a short time, will make them very happy for hours. If at times it is necessary to refuse some childish request, it can be done without causing pain or discomfort, if the mother, in simple child-language, gives her reasons, and directs their thoughts by finding something else more appropriate, but equally pleasing, to substitute in its place. A few gentle words and loving caresses will recall the smiles, and insure the child's full enjoyment.

VOCABULARY OF COOKING TERMS.

Many of the French terms, now so extensively employed in some of our most valuable household manuals, are often a hinderance and a source of discouragement to young and inexperienced housekeepers, and indeed to older ladies not familiar with foreign words.

We have seldom used these terms, finding cooks usually take more kindly to rules or receipts given as simply as possible. But, by request, we have selected a list of terms often found in the best cook-books, and imagine many of our young housekeepers will find the list convenient for reference.

A VOCABULARY OF COOKING PHRASES.

Allemande.—The white sauce known as veloute, thickened with cream and whites of eggs, and seasoned with nutmeg and lemon-juice.

Angelica.—A plant preserved in syrup. Used to ornament pastry, tarts, etc.

Aspic Jelly.—Transparent jelly made from meat, and used to garnish fancy dishes.

Au-bleu.—Fish dressed so as to give a bluish tint.

Baba.—A very light plum-cake.

Bain-marie.—A loose-bottomed vessel or cistern to be put on a hot hearth, or stove, and partly filled with hot water, to keep sauces, soups, etc., up to scalding heat without burning or reducing the quantity.

Bard.—Thin slice of fat bacon to cover any meat or game where "larding" is not preferred.

Bechamel.—A French white sauce made from ham, veal, onions, and a variety of seasoning. Similar to veloute, save that the latter is made of poultry, etc., instead of meats.

Beignet.—A fritter of any kind, fruit, vegetables, meats, etc., that is dipped in batter or egg, and fried.

Blanc.—A white broth in which to boil poultry, lamb, etc., to make them look white.

Blanch.—Any thing to be boiled—put into cold water, boiled, strained and then plunged into cold water. To remove the outside skin of almonds in that way, and thus whiten them.

Blanquettes.—Thin slices of any white meat warmed up in white sauce and thickened with yolk of eggs.

Boudin.—An *entrée* or side dish prepared with any kind of *quenelle* or force meat.

Bouilli.—Beef long stewed and served with sauce.

Bouillon.—The common soup or broth of France.

Braise.—A mode of stewing in a close-covered vessel, so that none of the flavor can evaporate.

Bisque.—A shell-fish soup.

Broiche.—A spongy cake somewhat like Bath buns.

Compote.—Fruit stewed and served with syrup, or stewed pigeons and small birds.

Consommê.—A strong rich gravy used for enriching soups and gravies.

Calipash.—The glutinous meat of the upper shell of a turtle.

Calipee.—The glutinous meat of the lower shell of the turtle.

Caramel.—Sugar boiled until the water all evaporates, and then used for ornamental purposes.

Casserole.—A stew-pan, also a rice-crust molded in form of a pie, baked, and filled with *purêe* or mince of game, or a *blanquette* of white meat.

Coulis or *Cullis.*—Rich, brown gravy, made from stewing ham and veal a long time. Used to color, thicken and flavor soups and sauces.

Croquantes.—A bright-colored mixture of fruit and boiled sugar.

Croquettes.—Finely flavored minces of meat, fish, fowl, etc., made into plain or fanciful shapes and fried.

Croustades or Dresden Patties.—Rich paste in fancy molds and filled with mince.

Croûton.—A sippet of bread fried and used to garnish hashes, etc.

Daubes.—Meat or fowl stewed in sauce.

Désosser.—To bone.

Enpapillote.—In paper. A cutlet wrapped in oiled or buttered paper.

Entrêe.—Side dish for first course.

Entremet.—A corner dish for second course.

Escalopes.—Collops or round slices of meat.

Espagnol.—A brown sauce used as the foundation for many other sauces.

Flance.—Side dishes for grand dinners.

Faggot.—A tiny bunch of parsley, thyme, and a bay leaf tied together.

Farce.—Stuffing or force meat.

Foncer.—Ham, veal or bacon laid at the bottom of a bake or sauce pan, under meat.

Fricandeau.—A fancy dish of boned turkey or larded veal as an *entrêe.*

Galette.—A peculiar kind of Freneh cake.

Gateau.—A cake.

Glaze or *Glace.*—Stock boiled down to a paste, and when needed warmed in the *bain-marie,* and put on with a brush to improve the looks of braised dishes.

Godiveaux.—Various kinds of force meats.

Jardiniere.—A mode of stewing vegetables in their own sauce.

Lardon.—The piece of bacon used for larding.

Leaser.—A mixture of egg and cream.

Lit.—A layer of any thing.

Luting.—A paste to fasten the lids on pie-pans; for preserving game.

Maigre.—Dishes for fast-days, made without meat.

Marinade.—A liquor to boil or stew fish or meat in.

Matelote.—A rich stew made of fish and wine.

Mayonnaise.—Cold salad dressing.

Meringue.—Pastry made of sugar and whites of eggs beaten to a snow.

Miroten.—Pieces not larger than a crown piece made into a *ragoût.*

Mignonnette.—Pepper-corns ground very coarse.

Nougat.—A mixture of almonds and sugar.

Nouilles.—A kind of vermicelli.

Paner.—To use bread crumbs.

Poële.—A kind of broth in which to boil fowls. Much used in nice French cooking.

Pot-au-feu.—The stock pot.

Profcterolles.—A kind of pastry creamed inside.

Purée.—A thick soup.

Quenelles and *Godiveaux.*—Different kinds of force-meat balls.

Ragoût.—A very rich sauce, or made dish.

Rissoles.—Balls of fine mince put in paste, or rolled in egg and bread-crumbs, and fried, as an *entrée* or garnish.

Roux.—A thickening made of butter and flour.

Salmis.—Game, hashed when half roasted. Hash differs from *salmis* by being made of well-done meat.

Sauce Piquante.—An acid sauce.

Sautê.—Fried; sometimes the frying-pan is called *sautê.*

Seasoning.—Three bay leaves, six cloves, a blade of mace, pepper and salt.

Soufflê.—The very lightest of puddings. A "puffed-up" pudding is the true meaning of the word.

Stock.—Essence extracted from meat. The foundation of all soups.

Tamis, or *Tammy.*—A fine strainer of woolen canvas for straining soups, sauces, etc. It is sold at all Italian warehouses.

Tourte.—A kind of tart baked in shallow tins.

Turbans and *Mazarines.*—Ornamental *entrées* of force-meats and fillets of poultry, game or fish.

Veloute.—White sauce.

Vol-au-vent.—Very light puff paste cut in fanciful shapes, the interior scooped out after baking and filled with *ragoûts* of minced sweetbreads, chicken, game or fish.

This list contains most of the French phrases used in all the imported cook-books, whether French or English, and now used in almost all receipts found in family magazines or household articles.

"POT AU FEU," OR "POT ON THE FIRE."

This "pot on the fire" or "stock-pot," is to be found in most French families, and the "gentle simmering," which is one of the secrets of French cookery, is the most economical as well as the best mode of preparing food. The Scientific American speaks of it, calling the attention of housekeepers to this permanent "*pot on the fire*," particularly as occupying a quiet little corner of the stove or fire-place, in this wise:

"It can hardly be said to boil, but it simmers gently, very gently, for hours. There it is, the receptacle of many a little bone, whether the trimmings of poultry or butcher's meat. It matters not, every little stray fragment of wholesome meat finds its way there. A bit of liver is considered a great improvement; and any vegetables that happen to be about, add to its pleasant flavor, whether the tops of celery, Jerusalem artichokes—which, *par excellence*, make it delicious—or otherwise okra, tomatoes, carrots, turnips, leeks, etc. But supposing it were to be made altogether of fresh materials—which, indeed, in France, it rarely is—this would be a proper recipe: Put a gallon of water into a pot; put into this, either three or four pounds of loin of beef, or any similar thing. Add to this an onion or two, or some leeks, carrots, or some other vegetable, three or four teaspoonfuls of salt, one of black pepper, three cloves. Give it one boil up; skim carefully. Now cover the pot closely, and let it cook gently for four hours at the least. About every hour throw a wine-glass of cold water into it to make it clear. Taste; it may require a little more salt or pepper, according to taste. Pour this soup over toasted crusts of bread. Both soup and meat will be found delicious. The whole secret of this lies in the gentle simmering, in a covered vessel, whereby the flavor is wholly preserved, and nothing is lost."

YEAST.

DRY YEAST.

Stir corn-meal into the yeast till stiff enough to cut into small, thin cakes. Lay them on a paper, or the molding-board, and dry in the shade. When thoroughly dried put up in paper-bags, and hang in a cool, dry closet. Having again secured good yeast, a housekeeper who can not have ready access to stores for yeast, will not be apt to be left without yeast in the house a second time; but as soon as she finds the supply growing small, will at once renew it in any of the following ways:

POTATO YEAST.

Boil half a dozen potatoes and a cupful of loose hops, or a piece two inches long from a package of pressed hops, in three quarts of water. Tie the hops in a muslin bag. Let this boil twenty minutes. Then remove the bag of hops; mash the potatoes in the water, very smooth and free from lumps, add a tablespoonful of salt, three scant tablespoonfuls of molasses, and flour enough to make it a thin, smooth batter. When milk-warm, stir in a yeast-cake that has been dissolved in warm water, or half a teacup of some kind of lively liquid yeast. Place near the fire where it will keep warm, and it will soon ferment, when it should be put into a stone or glass jar with a cover and set in a cool place. If this is done as directed, this yeast will keep several weeks.

COMPRESSED YEAST,

wrapped in tinfoil, has, within a few years, been brought into our city stores and is excellent, but it must be bought fresh twice or three times a week, and can only be used by those who reside near large towns or cities. The Vienna bread is made from this yeast.

HARD YEAST.

Stir into a pint of lively yeast enough flour to make a thick batter and add a tablespoonful of salt. Let it rise. When light stir in Indian-meal till stiff enough to roll. Let it rise once more, then roll out thin, cut into cakes with a cake cutter, and dry in the shade in clear, windy weather. When perfectly dry, put in a bag and hang in a cool, dry place. They will keep good six months. One of these cakes, dissolved in a little milk or water, is enough for four quarts of flour.

FRESH YEAST.

The best housekeepers have been known to find their yeast-jug entirely empty, or their last yeast-cake vanished, when so situated that they could not replenish from the stores or through the kindness of neighbors. Such misfortunes should be very few and very far between. But a basis on which to prepare fresh yeast, and remedy the evil, can be obtained by the following rule—if one has hops in the house:

Take a tablespoonful and a half of New Orleans molasses, and add to it the same quantity of warm water. Stir in enough flour to make a thin batter; set it in a warm place—not hot—and it will soon begin to throw up bubbles on the top, and in a short time ferment. Meanwhile, have all ready to make the yeast as soon as the batter begins to work. Put a teacup of hops into a clean porcelain kettle, and add two quarts of boiling water. Set over the fire, and boil steadily twenty minutes. Strain it, after

boiling, into a clean dish. Stir in a pint of flour and a tablespoonful of salt. Be sure and stir it free from lumps. Set again over the fire, stirring constantly, until it boils up and thickens. If too thick after it boils up, pour in boiling water till it is about the consistency of good starch. Then pour back into the bowl, cover over till milk-warm, then stir in the "risings" made of molasses, flour and water. Set where it will be kept warm until it has risen and is quite light. Then put into a jug, cork, and set in a cool place for use.

HOP YEAST.

Put half a tablespoonful of pressed hops, or a heaping handful of unpressed hops, into three quarts of water, and boil gently for half an hour. Strain off the liquor, and when milk-warm, add half a pint-bowlful of brown sugar and two tablespoonfuls of salt. With a little of this hop-water wet one pound of flour, then gradually stir into this batter the remainder of the hop-water. Let it stand in a warm place near the fire four days to brew; stir it frequently. On the third day boil and mash three pounds of good mealy potatoes, and stir them into the yeast. Let it stand one more day; then strain and bottle. It will keep in a cool place for months.

BREAD.

Few things that belong to the mysteries of domestic economy have been so much written about as bread-making, and, in part, because there have been so many different modes advocated that young housekeepers are bewildered, and uncertain upon which theory to build their faith. Particularly is this true if daughters are not faithfully instructed by their mothers; if they have been accustomed to see the work done in the kitchen and the comforts of the table given up wholly to hirelings, and in the many changes in that department with which some families are afflicted, find that a new style of cooking must be submitted to with each new-comer. But it is not so where, from the cellar to the attic, the mother's supervision and rule are felt; where, although she may be ready to make trial of any thing new that commends itself to her judgment, the wife, mother and mistress of the family holds the reins still in her own hands, and the cooking is done as her knowledge and experience shall deem best, few daughters become mistresses of a family and find any mode of making bread so sweet and acceptable as that they have learned to love at home. Unfortunately, in these latter days many girls grow up to womanhood, knowing no home save what they can find in a boarding-house

or hotel. If they marry sensible men, who have had enough of boarding-houses and long for a true home, they will be compelled to seek in cook-books, day by day, for the knowledge that they must acquire if they love their husbands well enough to try and become good housekeepers or home-makers. Hence, with thousands of cook-books and learned treatises on domestic economy at their command, they know not which to choose. The very abundance of instructions confuses them as much as the vast amount of conflicting directions.

We have received scores of letters requesting rules and direction, a large proportion of them relating to bread-making. Added years and experience incline us to some modification of rules accepted as correct in more vigorous life; and one finds that a less energetic manipulation in many forms of cookery brings out very satisfactory results, and that very excellent bread can be made with one-half the labor and fatigue that is often thought indispensable.

No amount of kneading, beating or chopping can give good bread, of the first quality, from poor or second-rate flour, and it is best not to use it for a month after grinding. The best quality of flour is not sufficient, either, to make first-class bread if the yeast is not of the best. Perfect flour, the perfection of yeast, will not do it if the dough is allowed to sour, or approach so nearly to souring as to destroy the pure, sweet flavor of the wheat. If too much yeast is used, no perfection of quality either in flour or yeast will secure good bread. It is a mistake which most cooks are very prone to make, unless carefully instructed by the mistress, to use too large a quantity of yeast. It expedites their work, no doubt, but makes their labor unsatisfactory. It must be confessed that very many otherwise excellent cook-books make the same mistake. Some people are color-blind, and others are equally deficient in taste and smell; and such will never make good cooks. We know housekeepers who tell us they can not distinguish between strong butter or sweet butter; between sour bread and that whose flavor is as sweet as new wheat. And these are the ones, who, if their bread is light and tender, do not dream that it may be ruined by the strong taste of the hops and too much salt, or by too much yeast.

The bread was light, tender and baked to a beautiful golden brown; but, ah! the bitter taste of the hops had ruined it. "How much yeast did you put to your bread?" "One cake and a half to four large loaves — just as the receipt book said, ma'am." "Well, now we will not mind the book. Soak not quite half a small cake of yeast; make a quart of sponge and put the yeast to it, adding a teaspoonful of salt and two teaspoonfuls of granulated sugar, and in the morning we will see what shall be made with it." In the morning the sponge was foaming, but as sweet as a rose. It was stirred down and a piece of butter half the size of an egg rubbed into as much flour as would be needed for four loaves, and put to the sponge. A

pint of warm, not hot, milk-and-water was stirred to it, and the whole well mixed with a knife. When fully combined, the mass was poured on to the kneading-board and chopped about five minutes with a chopping-knife, kneading it together in a ball every minute or two, as the chopping spread it out. Then the whole was put into the bread-bowl, well covered, and set by the range — where no air could strike it nor the draft from an open door blow across it.

This was done a few minutes before the breakfast was dished. By the time breakfast was disposed of, the bread was like a puff-ball, and, taken on to the bread-board, was divided into four loaves, lightly molded for three or four minutes, put into well-buttered bake-pans, a very little butter rubbed over the top, and left to rise. In half an hour it was light enough to put into the oven, and by nine o'clock in the morning four golden loaves, of as sweet and tender bread as any one could desire, where taken from the oven and put aside to cool.

We give this as an example. If any one is inclined to use it as a receipt we think it will be found reliable.

If rolls or biscuits are needed for tea, a bowlful of this dough may be taken out, and two tablespoonfuls of butter worked into it; set it to rise, well covered and excluded from the air. When light, mold it down, and set on the ice until half or three-quarters of an hour before tea. Then mold down again, roll out, and cut in small biscuits, and put into a bake-pan. When light, bake. Be sure and not scorch. If as much yeast had been used as is too often done, the dough would sour past sweetening before tea-time; but when so small a quantity is taken there will be no danger of souring. The rolls or biscuits will be more delicate if the dough is molded down for a minute every time it rises up, or whenever one has a call to the ice-chest before the time for baking.

Real, dainty bread can not be made in large loaves. If the pans are about twice the size of a brick they are quite as large as desirable. When the dough is put into the pan it ought not to be more than two inches thick. When it has raised to twice the size it was when put into the pan it is ready for the oven. In baking it will rise still higher, and if about five inches high when done, that is quite large enough.

BAKING BREAD.

In baking bread the oven should be hot enough to prevent any farther fermentation, but not so hot as to begin to brown or bind the crust and prevent its rising any more. The oven must not be as hot when the bread is put in, or till it is half baked, as is necessary during the last half of the baking.

In the baking of bread our ranges and stoves will do excellently, if properly managed. If the oven is too hot the bread will bake outside before the

heat has penetrated to the very center, and consequently the middle will be heavy. When ready to put the bread in the oven, the proper degree of heat may be ascertained by holding the bare arm inside the oven. If you can not count thirty while the arm is there the oven is too hot to start with. The heat at that time should not be higher than 230°. Let it stand at that figure till the bread has been in not more than ten minutes, or until it is of the same heat all through. This will give the loaf ample chance to rise evenly, before it can be crust-bound; then increase the heat to 270° or 275° until half done, when, if it seems baking too slow, the heat may be raised to 280°. One hour is long enough to bake a loaf of white wheat bread, unless quite large, and in a range or stove oven it is not desirable to attempt to bake a large loaf. Be careful that no door or window brings a draft over the stove while baking, and that the sun does not shine full on the stove, as it will deaden the fire materially. Open the oven door as seldom as possible; and, if necessary to turn the loaf round in the oven, endeavor to do it without bringing it into the air.

SPONGELESS BREAD.

Sift with one quart of flour one teaspoonful of salt, mix to the flour one teacup of fluid yeast or one cake of yeast that has been perfectly dissolved in water. Stir the yeast well into the flour, then add one pint of warm milk or water — just one pint. Mix all together with a chopping-knife until it becomes quite tender, then sprinkle flour over the bread-board, turn this dough out on the board, sprinkling the dough with a very little flour, and knead twenty-five minutes, not roughly. When the finger can be pressed into the dough without any adhering, leaving a clean hole, it is kneaded enough. Put it back into the bread-bowl, cover closely and set in a warm place to rise. It should be placed where no draft from door, or window, or cold air from the floor can strike across it, as that will stop the rising and make the dough heavy.

When light, turn the dough from the pan to the floured molding-board, and knead gently ten minutes. Make into loaves; put into a well-buttered bake-pan; let them rise again, not too long — twenty minutes should make them light — and bake one hour.

If hard yeast is used, it should be dissolved an hour or two before needed; and, when dissolved, stir in a handful of flour, enough to make a batter, and when light it will be the same as liquid yeast. This is a better way to use hard yeast than simply dissolving it.

SPONGED BREAD,

which some prefer, is made as follows: Boil four mealy potatoes. When done, peel and roll perfectly free from lumps. Put to them a teaspoonful of

salt and a tablespoonful of sugar, and enough of the boiling water in which the potatoes were boiled to make a thin batter. When about milk-warm, stir in half a teacup of liquid yeast, or one cake of hard yeast prepared as above directed, or a cake of compressed yeast, whichever is the most convenient. Beat all together into a smooth batter; set in a warm place, free from drafts; cover closely. Be very careful that it is not left long enough to sour in the least, but when light stir in sufficient flour to make a soft dough, and knead it till it grows elastic under the hand. Set it to rise as before; when light, knead it twenty minutes. Set it to rise again, and when light divide into four loaves without much kneading; put into buttered bread-pans, and when once more light bake half an hour. The loaves being small and well risen will not require so long baking, and should be very light and delicate. But we do not think bread sponged and set to rise so often has ever the sweet, pure taste of the flour, or can be as nutritious as the unsponged and twice-raised bread. This, however, is purely a matter of taste.

Sponged bread can be made with but two kneadings — after the sponge is light — as follows:

To two quarts of flour put a half cup of sugar, and a tablespoon, even full, of salt. Sift all together carefully, then add a cupful of yeast, or hard yeast prepared as directed, and enough warm milk (if not plenty, water will answer) to make a smooth batter. Cover closely with bread-cloth and blanket, set in a warm place, avoiding cold air. When light, stir to the batter sufficient flour to make a soft dough, knead with both hands until the dough will not adhere to the fingers, set it to rise, and when light make into loaves, put into buttered pans, and when risen — bake.

It is a mistake to make bread dough too stiff. No rising will make the bread delicate and tender. Use as little flour as possible without making the kneading too difficult, and the bread will be tender and delicious, and keep without growing hard.

Another mistake is in kneading too long and too roughly. Twenty minutes is the best time for the first kneading, and ten for the second. If thrice kneaded, when making into loaves no work is necessary but just to get it into shape.

Care must also be taken in molding or kneading the bread that the dough is brought in from all sides — the outside turned inward, the middle outward, with each successive movement — until the whole mass has had equal attention, and a blow with the fist in the center will make the whole rebound like a rubber ball. Then it is kneaded enough.

GOOD BREAD.

Stir one quart of lukewarm water into the center of seven pounds of flour. Throw in half a tablespoonful of salt and the same of sugar, then add half a

gill of yeast. Have ready a pitcher of more lukewarm water, and, after stirring the first with the yeast into the flour, add as much more as may be needed to make a good dough, not very stiff, mixing and kneading it with both hands thoroughly. When well kneaded, sprinkle over the top a little flour, cover with a large bread-cloth, and a bread-blanket over that. Set it by the stove or in a warm place four or five hours to rise. When light, knead again fifteen minutes, divide into loaves of suitable size for the pans, cover up, and again let it rise. When light, bake in a quick oven.

Potato Bread may be made like the above, with the addition of half a dozen mealy potatoes, grated or sifted and mixed with the flour.

EXCELLENT BREAD.

Take two-thirds of a yeast-cake dissolved in a little warm water, and two teaspoonfuls of sugar. Pour this into three quarts of flour, adding one teaspoonful of salt. Mix well with one hand, adding warm (not hot) water with the other, about one pint—or milk and water, if prepared. Then knead for twenty minutes, adding only just flour enough—*and no more*—to clear the dough from the hands and pan. Cover with a thick cloth (be sure that it is perfectly clean and never used for any thing else). Let it stand all night, and mold out in the morning, not kneading any more than is absolutely needed. Let it stand in pans till light. This will fill two long, narrow pans and make a pan of rolls.

CORN-BREAD.

One quart sour milk or buttermilk, one tablespoonful of butter, and one of lard. Beat the yolks of three or four eggs very light, add one tablespoonful of sugar, a scant teaspoonful of salt, a small teacup two-thirds full of wheat-flour, and stir in enough of sifted corn-meal to make a good batter, not very thick. Dissolve in milk or tepid water a teaspoonful of soda, and while dissolving, beat the whites of the eggs very stiff. Stir them into the batter, then add the soda the last thing. Beat all together until there is no possibility of any of the soda settling and making yellow spots. Bake in shallow pans. It is always safest to strain the soda, when dissolved, through a very fine strainer, and thus make assurance doubly sure that there will be no yellow spots in the bread.

Another.—Scald one heaping pint of corn-meal with just enough boiling water to wet it all through. Set aside to cool, or scald it over night. When ready to bake, put one teaspoonful of soda into tepid water to dissolve, throw in one teaspoonful salt, one tablespoonful sugar, and the well-beaten yolks of three eggs. Beat the whites stiff, and stir in after you have added one quart of buttermilk or sour milk. Beat it together very thoroughly, and add the dissolved and strained soda last. Give another good beating,

have the oven very hot, and bake as soon as all is beaten together. Do not use a very deep pan.

Another.—Sift and scald over night, in enough boiling water to thoroughly moisten it, two cups of corn-meal. In the morning put to one cup of wheat-flour one teaspoonful of cream of tartar, and sift them together. Dissolve half a teaspoonful of soda in one cup of sweet milk. Leave it standing till two eggs—yolks and whites—are well beaten separately. Put into the meal two tablespoonfuls of sugar and one of butter. Strain the milk and soda through a fine strainer, beat it to the meal, add the eggs — first the yolks, then the whites — the last thing. Give all a quick, thorough beating, and put immediately into a quick oven.

BREAD WITH CORN-MEAL MUSH.

Make two quarts of white corn-meal into mush by boiling it in either water or milk; milk is the best. Let it cook slowly for an hour. While cooking sift eight quarts of flour into your bread-bowl. Make a hole in the center, and when the mush is cool enough not to injure the yeast, pour it into the center of the flour; stir in warm milk or water; mix in a portion of the flour and a teacup of good hop-yeast, or a cake of dried yeast, or such yeast as one is most accustomed to use. Cover, and let it stand over night. In the morning knead well and make into loaves. Set by the fire. It will be light in a short time. Bake thoroughly. This makes very sweet, light bread; will keep moist much longer than any other, and saves flour.

SOUTHERN CORN-BREAD.

Beat two eggs very light, add one pint of water and stir well; put in one teaspoonful of salt, same of yeast-powder, and add meal enough to make a batter that will pour out of the pan. Put a tablespoonful of lard in the baking-pan, set it in the oven and let it get hot; pour the batter in it, and bake a nice brown. I assure you, you will never make any other kind after eating this.

BREAKFAST CAKES.

HOW TO USE STALE BREAD.

There are many modes of using stale bread, and each in its way, as needed, excellent. If all the pieces that fall off when cutting a loaf, or such as are dry and stale, are put into a half-warmed oven or set into the heater back of the stove till sufficiently dried to pound or roll fine, then put into a

canvas-bag, and hung in a cool, airy place, it is very nice to use for stuffings, and, if sifted, excellent to roll oysters, sweetbreads, or chops in for frying. Kept in bags, ready ground, rolled and sifted, it is a nicer and more convenient way to use for puddings than when soaked in large pieces. The pudding will be much more delicate.

They are also better for pancakes or griddle-cakes than large pieces; but even this bread-dust should be soaked in sweet milk until perfectly soft before the soda, sour milk, etc., is added. If slices or large bits of bread are used, a potato-masher is a good thing with which to work the softened bread into a smooth paste.

This is also an excellent way to use up sour bread; but, when using sour bread for griddle-cakes, one needs to use more soda, to sweeten not only the sour milk but the acid in the bread as well. It is better to stir half the soda needed, after being perfectly dissolved, into the softened bread before adding the sour milk. After that is poured in, stir in the rest of the soda.

BREAD PANCAKES.

Soak the bread—about a quart—in as little sweet milk as will thoroughly moisten it; then mash the bread until it is a smooth paste; then add a teacupful of sour milk, half a teaspoonful of soda perfectly dissolved in tepid water, and stir in carefully sufficient flour to make a batter just stiff enough to make the cakes light without being thick and hard. (In other words, make them just as thin as they can be baked without sticking or tearing.) Try a cake or two on the hot buttered griddle, if you have any doubt about it. Eggs are not necessary to make light, wholesome pancakes of this kind, but if plenty, or not too expensive, they add greatly to their delicacy. Two, three, or four eggs, as you can spare them.

SCOTCH BANNOCKS.

Rub a piece of butter the size of an egg into a quart of real sweet Scotch oatmeal; add enough cold water to form a stiff paste; knead well and roll as thin as possible. Bake in a slow oven till of a light brown. They are not good if not made very thin.

GRAHAM GEMS.

Graham gems are made by taking one pint of milk, one-half pint Graham flour, one-half pint wheat-flour, one teaspoonful salt; beat all together till smooth, then add two well-beaten eggs. Heat and butter the gem-pans, and drop in the dough while they are quite hot. Fill two-thirds full.

BUNS FOR GOOD-FRIDAY.

Make a sponge of three cups of milk, one cup of sugar, a teaspoonful of salt, one cup of yeast, and flour sufficient to make a stiff batter. Let it rise

all night. In the morning, soften one cup of butter, and beat it with one more cup of sugar to a perfect cream. Dissolve half a teaspoonful of soda, and beat into the sponge; add the beaten butter and sugar, and enough more flour to mold easily. When well kneaded, cut in shape, and leave them to rise half an hour. If the sponge was very light, a half an hour in the morning should make them light enough. A couple of eggs, very thoroughly beaten, yolks and whites separately beaten into the sponge in the morning, is, we think, an improvement; but that is not needful.

Or, break two eggs into a good-sized coffee-cup, beat them, and fill the cup with fresh milk; beat the eggs and milk together and pour into a large dish. Beat one cup of butter and two of sugar to a froth, grate in one-fourth of a nutmeg, add two-thirds of a cup of yeast, and make all into a soft dough with flour. Let it rise till very light, throw in a few currants, and then mold into buns, not too large, taking care that some of the currants are in each bun. Let it rise a second time in the pans, then bake. When nearly done, if preferred, glaze the top of each biscuit with a little molasses and milk.

HOT CROSS-BUNS.

Sift two and a half pounds of flour, and set before the fire, or where it will get hot without scorching. When the flour is quite warm, beat half a pound of sugar and the same quantity of butter very light and put to the flour, half a teaspoon of powdered cinnamon, and the same of coriander-seed; wet the whole with half a pint of warm milk. Beat very light and free from lumps, then beat in two tablespoonfuls of good light yeast. Set to rise, and when risen handle lightly as you form the dough into buns. On each bun cut a cross with the back of a knife. Bake and serve hot Good-Friday morning.

LIGHT WAFFLES.

Put half a pound of butter into a clean strong cloth, and pound it till quite soft, then take it into a dish and beat with a large silver fork till it becomes a thick cream. Beat the yolks of six eggs to a stiff cream, and stir in them half a pound of flour till smooth, then add the beaten butter and half a pint of rich, sweet milk. Beat all well together, adding the beaten whites of the eggs the last thing, and bake.

GRAHAM OR OATMEAL CRACKERS.

Half a pound of Graham flour, two gills of sweet cream, half a teaspoonful of salt; mix, roll thin, cut in squares or rounds, lay on tins, prick thoroughly and bake quickly.

Oatmeal crackers are made by mixing the meal with warm water, a little

salt; knead well, roll thin, place on iron plates or sheets, cut in squares, bake on a griddle till done; then put in a toaster before the fire till dry and crisp.

SWEET BREAKFAST MUFFINS.

Sift two teaspoonfuls baking-powder with one quart flour; add one cup sugar; rub into the flour a piece of butter the size of an egg, then stir in one pint of milk. Beat free from lumps in a smooth batter. Bake in muffin rings on the top of the stove, or in gem-irons in the oven.

GRAHAM GEMS WITHOUT SODA OR BAKING-POWDER.

Stir in one cup milk to one even cup flour; no thicker, or they will be tough and heavy. Butter the gem-irons, and have both gem-irons and oven quite hot. Stir free from all lumps before putting into the oven. If these directions are followed, the gems will be very sweet and light.

HOMINY FRITTERS.

Take two teacupfuls cold boiled hominy, one cup sweet milk, four teaspoonfuls flour, a little salt and one egg; beat vigorously, and drop with a spoon into hot lard; fry until brown. Rice can be used instead of hominy.

CORN-MEAL ROLLS.

Make a kettle of corn-meal mush. To two quarts of the mush add a teacup of unmelted lard and a teaspoonful of salt, and, when sufficiently cool, a cup of yeast. Knead in flour until it is about the same as any other bread, and let it rise over night. In the morning roll out, and bake in a moderate oven.

GRAHAM BREAD.

Take some white bread-sponge—the quantity to depend upon how much you wish to make; to enough of the sponge for one loaf add a cup of molasses and a little warm water; stir (not knead) the Graham flour into it; make the dough a little stiffer than that for corn-bread; let it rise, and bake it in a slow oven. Another way, which has the advantage of being made quicker than the other, is to take two cups Graham flour and one cup white flour, one of sour milk, one of molasses, one teaspoonful of soda; stir it thoroughly and put in a well-buttered tin, steam two hours, then dry off in the oven.

JOHNNY-CAKE.

One pint meal, one of sour milk, two tablespoons sugar, two of melted lard or butter, two eggs, two heaping tablespoons flour, one teaspoon soda

and a little salt. Sweet milk can be used in the place of the sour, by using three heaping teaspoons baking-powder instead of soda.

FLOUR GEMS OR PUFFS.

Drop into a pint of milk one egg and a little salt. Stir in gradually one pint of flour. Beat this batter till quite light and free from lumps or a particle of unwet flour. Let them stand on the top of the stove a few minutes, after having put the batter into hot buttered gem-pans, then put into the oven and bake quickly. Corn-meal or Graham can be made in the same way—only add two tablespoonfuls of flour to corn-meal; or, if gems are desired for dessert, they need a little more care, should be made richer. Melt three ounces of butter in a pint of cream. Let it stand till cold, then add to it two ounces of flour, beaten till smooth. Beat the yolks of four eggs with two ounces of white sugar. Spice to taste. Add the whites of two eggs, beaten very light, the last thing. Bake in gem-pans, or cups, and serve the instant they are done, as they will fall and become heavy by standing Eat with any jam that is agreeable.

APPLE-BREAD.

Peel and chop very fine one pint of nice apples, and put to one quart of Indian meal that has been scalded and left to cool. Beat to a cream one egg and half a tablespoonful of butter, and add to the meal, with half a teaspoonful of salt. If the apples are sour, add two tablespoonfuls of sugar, but sweet apples are much the best. Mix with rich milk if sweet apples, with cold water if sour, to rather a stiff dough, and bake immediately.

MUFFINS.

Beat one teacup of butter and one of sugar to a stiff cream; beat four eggs very light — yolks and whites separately — and beat them into the sugar and butter till quite light. To four quarts of flour put a half teaspoonful of salt. Pour into the middle of the flour a cup of good home-made yeast, or whatever yeast you are accustomed to use — as much as you usually take for four quarts of flour; then stir in the sugar, butter, and eggs, with two quarts of sweet milk. Let it rise over night, and bake in well-buttered muffin-risers in the morning.

SALLY LUNN.

Take one quart of flour, one teacup of butter, one teacup of home-made yeast or half an yeast cake, one pint of milk. Stir all together till smooth; then beat the yolks of three eggs very light, and stir into the batter—beating it very light—then add the whites, beaten stiff, and a teaspoonful salt; let it

rise over night if for breakfast; if for tea, prepare in the morning. When light, put it into pans and let it rise again. When well risen the second time, bake and send to table hot.

INDIAN-MEAL WAFFLES.

Beat the yolks of two eggs thoroughly; add to them one teaspoonful butter, one of wheat flour, and one of salt. Then add one pint of sweet milk, and one of corn-meal, stirred in gradually so as not to be lumpy. Bake in waffle-irons.

BISCUIT.

Put to one quart of flour two teaspoonfuls of Defiance Baking-powder. Sift the two together. Rub to the flour one tablespoonful of butter, half teaspoonful of salt. Stir all well together, then add sufficient milk or water to form a very soft dough. Bake immediately in a quick oven.

GRAHAM BISCUIT.

Stir with a spoon tepid water into Graham flour until stiff enough to form into a dough as soft as can be kneaded; roll out when sufficiently kneaded to be well mixed, and cut into cakes three-quarters of an inch in thickness. Lay them in baking-pans so they will not touch each other, and bake in a quick oven, letting them remain long enough to become brown and crisp, which, with a good heat, will require about twenty-five minutes, or taking them out when just done through, as one prefers; if not sufficiently baked, they will be heavy at the bottom. Put them on a grate or colander to cool, that they may not steam and become heavy. This bread is excellent for growing children and for brain-workers. None of its nutritive qualities are diminished by fermentation, and eaten with good cows' milk and some sub-acid fruit it forms perfect food.

CRUSHED WHEAT.

Put two teacups of crushed wheat to four cups of boiling water. Stir it till all the lumps disappear, then put it into a steamer, or double boiler, or farina-kettle. It can be cooked so as to be palatable in thirty minutes, but is much nicer cooked three or four hours, and in a steamer or double boiler it can be cooked that long without burning; but if simply boiled, it can not cook to perfection without drying on the kettle, occasioning much waste. Crushed wheat, if steamed, may be cooked in milk instead of water, and be improved. Serve warm or cold, and eat with sugar and cream. After it becomes cold it may be re-warmed in a steamer; but never break it up. It is not nice fried, but it may be cut in slices and put into a quick oven till brown.

When cooking crushed wheat, whortleberries may be stirred in fifteen minutes before it is done; but do not break the berries while stirring. Dried berries can be used, but must cook an hour, and the wheat must be made thicker than when made plain. Raisins and dates are sometimes used, but we do not think them very agreeable.

CORN-CAKES.

Corn-cakes made of three teacupfuls Indian-meal, one tablespoonful sugar, one of butter, one teaspoonful salt, one egg, one and one-half pints boiling water. Put all the ingredients except the egg together, pour on the boiling water, add the egg, and beat thoroughly. Spread on tins and bake half an hour in a hot oven. This quantity will make three or four sheets. The granulated meal takes more moisture than the old-fashioned meal, and is much nicer; there is no bran or waste.

MOCK BUCKWHEAT-CAKES.

Warm one quart of skimmed milk to the temperature of new milk; add one teaspoonful of dairy salt and three tablespoonfuls of good lively yeast; thicken to the consistency of real buckwheat cakes with Graham meal, in which three small handfuls of fine corn-meal has been mixed. Very coarse "middlings," such as one gets from country mills, answer quite as well, and none but an expert would know the difference between the imitation and the real.

VIRGINIA MUFFINS.

One quart flour, one teaspoon salt, one tablespoon sugar, one of butter and lard mixed, one of well-mashed Irish potato, three well-beaten eggs, one-half teacup home-made yeast. Rub the butter and lard into the flour, then the mashed potato; salt and sugar should be sifted with the flour. Pour into this the eggs and yeast, and make into a soft dough with warm water in winter and cold in summer, and knead thirty minutes by the clock. If wanted for an eight o'clock winter breakfast, make up at eight the night before. At six o'clock the next morning make the dough into twelve round balls without kneading, and drop into well-greased tin baking-cups. These cups should be smaller at bottom than at top, and must be three and one-half inches deep. Grease the hands and pass them over the top of each muffin; set them in a warm place for full two hours, and then bake. The depth of the cup is important, because, if properly made, they rise to the top or nearly so, and would be heavy if baked in the shallow cups commonly used.

HULLED CORN.

We have no knowledge of the mode in which the hulled corn that is sold by grocers is prepared, but will give our own way, which to our taste is preferable.

Tie in a strong bag one pint of strong wood-ashes. Oak-ashes is the best. Put a pailful of cold water into a well-cleaned kettle, and to it put the bag of ashes and four quarts of good, bright corn. (That just harvested is better than corn that has hardened through the winter, as it requires less time to cook, and is really sweeter.) Let the water heat gradually, and after it reaches the boiling point, let it boil slowly several hours. Try a few kernels of the corn occasionally by rubbing them in a bowl of water to see if the hulls are beginning to slip off. Let it all continue to boil slowly till the hulls slip off easily. Then take all the corn into a pan of water, and rub it between the hands till free from hulls. If well cooked, this is easily done. Save a pint of the lye-water in which the corn was boiled, strain it till clear, and put to the corn after it has been washed, and, adding more fresh water, put it again over the fire, and boil slowly till quite tender. When nearly done, salt to suit your taste.

Prepared this way it is better flavored, or rather has some flavor, while that manufactured for sale has no more than cotton-batting. When eaten with rich milk, or with cream and sugar, or butter and sugar, it will be rated quite palatable.

Another way.—One quart of corn put to soak at night in warm water. In the morning change the water to enough to boil it in, put in a rounding teaspoonful of soda, and boil till it will hull. Rinse as you would any corn.

A WELSH RAREBIT.

Grate a pound of rich cheese, set it over the fire, and mix with it one gill of cream (some put in a gill of ale instead). Work it over the fire quite smooth with a spoon, add a saltspoonful of dry mustard. Toast two large slices of bread, lay them in a hot dish, and as soon as the cheese is thoroughly melted, pour it over the bread, and serve hot.

BERKSHIRE RUSK.

One cup sweet milk, one of yeast, one of sugar, one of flour; set over night; in the morning add one-half cup sugar, one-half cup butter, rubbed together. two eggs, reserving white of one, beaten to a froth, with little sugar, to spread over the top.

STRAWBERRY SHORTCAKE.

Take a coffee-cup of cream or sour milk, beat into a little salt and a small teaspoonful of soda, and before it stops foaming stir in enough flour to enable

you to roll it out, but be sure not to get it very stiff. Roll into three circles, spread butter on top of each, and place one on top of the other. Bake till well done. Then pull the three layers apart, butter one and cover with strawberries, then butter the second and lay (crust downwards) over the first. Pile more strawberries on the second, and cover with the third crust, which need not be heaped with berries unless preferred. Set in the oven a few minutes, and then serve hot with cream. Before making the crust, stir into three pints of ripe, rich strawberries a coffee-cup of granulated sugar, and leave it covered over till the crust is done.

If cream or sour milk is not plenty, use sweet milk, and sift into the flour two teaspoonfuls (scant) of baking-powder, and as you roll out, spread on three tablespoonfuls of ice-cold butter.

Pounded ice is excellent eaten on top of a saucer of sugared berries. Wrap the ice in a clean, coarse towel, and pound with the flat part of a hatchet.

STRAWBERRY CAKE NO. 2.

One quart of sifted flour, three-fourths of a cup of lard, one-fourth of a cup of butter, rub the shortening into the flour thoroughly. Dissolve a scant teaspoonful of soda in cold water, and pour a teacup of sour milk into the flour; then beat in the soda, knead quickly pretty stiff, add more flour if one quart is not enough. It is impossible to give the exact quantity of flour, as some kinds require more liquid than others. When ready, divide into four parts, roll out the size of the plate it is to be put on. Put one cake on the plate, spread a little butter over, and then roll out the second and put over it. The butter will help to split it open without making it heavy. Roll out the third piece and put on another plate, spreading butter over as before, and lay the fourth sheet over; bake quickly. When done, open the edge with a knife, if needed, and then pull it in two. Have the berries well sweetened while the cake is baking; and when the cake is ready spread over the berries, putting little bits of butter over the berries, cover with another cake, and so on till the four are placed one over the other. Set in the oven about five minutes. Eat with cream, if plenty. Any fruit is good used for the shortcake — oranges, pine-apples and all kinds of berries.

STRAWBERRY SHORTCAKE NO. 3.

To one quart of flour sift two teaspoonfuls of the acid and one teaspoonful of the soda of Hosford's Bread Preparation. Add one tablespoonful of white sugar and a little salt. See that these are all thoroughly mixed with the flour before wetting it. As this is important, it is better to put all into the quart of flour, and then mix them together. Chop three tablespoonfuls

of butter into the flour when thus prepared. Beat up one egg very light, and put to a large cupful sweet milk. Turn it into the flour, and stir all together as quickly as possible, and with little handling. Roll into two sheets, each half an inch thick. Bake in a well-greased pan, laying one sheet over the other. Either spread a little butter between the sheets or sprinkle a little flour between, so that they can be easily separated when done. Be careful not to scorch the short-cake, but when done, while yet hot, separate them, and put a thick layer of strawberries between the two crusts, sprinkling the berries with powdered sugar. That is the rule; but for our own table we prefer the granulated sugar, as powdered sugar is so seldom found unadulterated. Cut the short-cake like a pie, and eat with cream and sugar.

OATMEAL.

REMARKS.

Oatmeal is quoted by medical authorities as one of the most healthful and nutritious of all our cereals; and, coming with such indorsement, it is surprising that it is not more generally used. To be sure it is accepted as one of the best substitutes for an infant's natural food, and for teething or delicate children just passing out from infancy, and is also becoming fashionable for a light breakfast or relish; but there are many other ways in which it can be cooked so as to be quite acceptable and an agreeable variety or addition to our bill of fare for daily use. The oats grown in our country are much preferable to those raised in England; but must yield to the superior excellency of Scottish oats, for their climate is better adapted to produce the most perfect specimen of this variety of grain. In preparing the meal they also excel, and *Scotch oatmeal*, for infants particularly, and indeed for general use, is universally called for in preference to any other.

There is one advantage that this grain has over all others, and that is, that it improves with age and can be transported to all parts of the world without danger of heating, souring or molding, unless injured by the grossest carelessness. It is probable that this is largely owing to the peculiar mode of preparation, which the Scottish people seem to understand better than we do. Oatmeal needs more cooking to secure the best results than any other grain; but, when thoroughly and properly cooked, it is very much more strengthening than any other meals or flours, and does not require much

more than half the weight of wheat-flour to bring "porridge," "mush" or "gruel" to proper thickness.

Nowhere is oatmeal used so largely for food as in Scotland, and in some parts it is almost the entire food for a portion of the most vigorous and hardy class of laborers in the world.

Wheat and Indian corn are so abundant in our country, and so inexpensive, comparatively, as to be largely within the reach of all, and our people, from childhood, have become accustomed to their use; and as they are of a more delicate flavor than the coarser but more strength-giving oatmeal, it is not so readily adopted as an article for general use. But accustom young children to its use from infancy, and it will soon be as much relished by all classes as it is in Scotland; and it may be hoped with as invigorating effect on the constitutions of the rising generation.

SIMPLE OATMEAL CAKE.

Wet the meal with hot water, add a little salt, and then knead into a dough; roll out very thin, and bake on iron plates till quite dry, but without scorching.

OATMEAL PORRIDGE.

Put as much water into a saucepan as will make the quantity of porridge required. Let it boil; then take a handful of oatmeal in the left hand and let it fall gradually into the water, and with a wooden spoon in the right hand stir the water and meal round and round, constantly letting more meal fall from the left hand slowly, till the whole is as thick as common hasty pudding or mush; then salt to taste, and let it boil ten minutes; add a little more boiling water, and boil five or ten minutes longer, stirring briskly to prevent its scorching. It will then be quite smooth and very digestible. Long boiling is the great secret of making it nutritious and digestible.

SCOTCH OATMEAL CAKE.

Put half a pound of oatmeal into a pint basin; put into a teacup a piece of butter or lard the size of a hazelnut, and a small pinch of soda—about half a salt-spoonful; pour on this half a cupful hot water; stir till the butter and soda are melted, then mix it quickly into the meal with the point of a knife. When thoroughly stirred together, turn the dough on a pasteboard and knead it compactly with the knuckles, keeping it round and flat, spreading it out gradually, but taking care it does not crack at the edges. Then strew dry meal over it, and roll out with a crimpled roller, now and then rubbing the surface with the hand to remove all needless meal. When rolled as thin as an old penny piece and quite round—having

the griddle ready heated over the fire—put a knife in the center and divide the cake in three parts. Lay them on the hot griddle, the plain or under side down, and, as they begin to cook, move them in succession from a cooler spot to a hotter, but not so hot as to scorch. By pressing the nail on the surface it will be known if they are done. They will not be doughy when done, and must then be taken from the griddle and put on the toaster before the fire. Watch that they dry gradually, as at this stage they soon burn. When taken from the toaster, stand them carefully on the edge till quite cold, else they will sweat and lose the brittleness which is their great charm.

While the first set are cooking, mix another half pound of meal in the same manner, and as soon as one set is ready to be on the toaster, fill up the vacant place on the griddle with another. A half pound of meal should make six cakes.

A thick cake, commonly used by the laborers, is made by putting the meal into a bowl, adding cold water until mixed into a compact mass, and then kneading into shape wholly by the knuckles. The more dimples from the knuckles to hold the butter in, with which it is eaten, the better.

Oatmeal Bread is seldom used in our country, but is exceedingly nourishing, and is very soon much relished when, like barley bread, it is eaten warm with butter. It is made with warm water and a little salt, much thicker than the cakes. In Scotland this bread is called *bannock*. It is "cake" only when thin and first baked on a hot griddle till stiff or dry enough to stand on the edge, and then toasted before the fire till crisp. The bread or cakes can be baked in large quantities and hung up, when they will keep a long time.

OATMEAL PUDDING.

Pour a quart of boiling milk over a pint of oatmeal and cover closely, leaving it to soak all night. The next day beat into it two eggs, and add a little salt; butter a bowl that will just hold it, cover tight with a floured cloth, and boil an hour and a half. Eat with butter and salt, or, if preferred, with butter and syrup. When cold, slice what may be left and toast it, to be eaten as oat-cake buttered.

SOUPS.

BOUILLON.

In olden times bouillon meant "beef-tea," used for feeble persons, and scarcely known out of the sick-room. But fashion makes strange innovations. Ere long we may expect to learn that "gruels," "sage-tea," and "ginger-tea" are the only suitable drinks or refreshments for lunches, "high teas" or kettle-drums, with no spoons from which to sip it, but to be drank from the proper kind of bouillon bowls. When this has run its course, shall we have the genteel homeopathic little pills as a "relish" and the high dilution tinctures for a beverage? We think even Fashion, all-supreme and often supremely ridiculous as she can be, can never so fully subjugate her votaries as to bring such luxuries in allopathic form into a prominent place in ball-rooms or stylish suppers. That would be the "last straw," and downright rebellion would be the result, unless more skillfully disguised than the numerous compounds our mothers used to give.

Sick people may sip bouillon with a spoon, and not boiling hot, when hidden from fashionable eyes. But when it becomes one of Fashion's servants, no spoons; take it hot, and no wry faces if it scald the mouth. Be genteel, whatever suffering may come with it.

But perhaps, after all, this last freak of fashion is more sensible than most that come before us. Bouillon, when properly prepared, is very palatable, and certainly nutritious and harmless. One of the best modes of preparing it is as follows: Chop raw, lean beef very fine, and to every pound put a quart of cold water. In chopping raw meat it will become matted very closely, and, in putting it into the soup-digester with the water, it is best to pull it to pieces, separating it as thoroughly as possible, so that the water may penetrate every part without obstruction. This done, cover closely and set where it will become barely lukewarm in an hour's time. Any close-covered kettle will do, but the regular soup-digester is, we think, better, because the valve at the top is moved by the steam sufficiently to prevent the contents of the kettle from boiling over, wasting the bouillon and filling the house with the smell.

Increase the heat slowly after the first hour till it begins to simmer, and then shortly comes to a gentle boiling. Keep it in that state six hours, stirring now and then with a strong wooden spoon, and break up the meat, which will be by this time closely packed together. Turn all into an earthen pan, if you have one, as tin or iron often gives an unpleasant taste. Salt to suit the taste; cover to keep all dust away, and let the liquor cool

before removing the meat. Squeeze the meat very hard as you take it from the liquor. It will be utterly tasteless and good for nothing. Skim off all the fat from the liquor when perfectly cold. Throw in the shell and white of a raw egg, without the yolk, put the liquor over the fire in a clean saucepan or kettle and bring it quickly to the boiling point. Boil rapidly ten minutes. Each quart of water put to the raw beef should have simmered down to a pint. Then laying a clean thick cloth, kept for this special purpose, into a fine sieve or soup strainer, pour the bouillon into it, and let it filter through into a large bowl leisurely, without an effort to hurry it. By no means squeeze the cloth. When all has filtered through, the liquor should be a pure, clear amber color, without a particle of sediment.

Some like to give the bouillon a deeper, richer color, which can be easily done by burning a little sugar in a tin-cup on the range. As soon as the heat has dissolved the sugar, so that it is one big brown puff or bubble, stir in three tablespoonfuls of boiling water. A very small quantity will suffice to give a rich tint to the bouillon, so small that the safest way is to drop in half a teaspoonful at a time; stir well, then taste. Be very sure that not enough is added to change the flavor or give the least sweetish taste to it. If this small quantity does not give the desired color, add a few drops more, little by little, tasting each time till it is satisfactory. Having once learned, by experimenting, it will be no trouble afterward.

Bouillon for parties, or other entertainments, should be served very hot; for family use, or sickness, it can be used hot or cold, as preferred. If the quart of water put to each pound is reduced to a pint, it will, when cold, be a clear golden or amber-colored jelly. This is excellent for weak, feeble people, used ice-cold, or, if better liked, heated to a liquid form again. If this rule is strictly followed, success is sure.

The whole character of the commonest foundation for soup can be changed with very little time or trouble, only wanting the skill and knowledge that come after a few trials. Quenelles or force-meat balls of every imaginable kind for soups, "purées" of every description, can be used to give flavor to the commonest stock, and thus the smallest scraps and parts that seem worthless can, by a little skill, soon learned, a very little time expended, make the tables of those who are obliged to practice the strictest economy more attractive than those of the rich.

LOBSTER SOUP.

Take the meat from the claws, bodies, and tails of some lobsters—from three to six, according to size; remove the brown fin and the bag on the head; pound in a mortar the fins, chines and small claws; boil them gently in two quarts of water, with an onion, a bundle of sweet herbs, a small piece of lemon-peel, a couple of anchovies, boned, and with white pepper and salt to taste. When reduced to a pulp, strain. Pound in a mortar the spawn,

with some butter, a little flour and grated nutmeg; and, when quite smooth, add a quart of cream; mix the soup; put in the tails, cut up into pieces, and let all just come to the boil, and serve. Fish-balls made with the remnants of the lobster, and with mace, pepper, salt, a few bread-crumbs, a pinch of flour, and an egg or two, according to quantity, may be beaten in the soup and served with it.

GRAVY SOUP.

Get an eight-pound shin of beef, break the bones, remove the marrow, wash clean and lay it into a stew-pan, covering it with a gallon of cold water. Let it heat slowly, and skim as before directed. When most of the scum has been removed, throw in an ounce of salt, a dozen black pepper-corns, a bunch of sweet herbs (*i. e.* a sprig of thyme, marjoram and a bay-leaf), two onions sliced and fried brown, two eschalots and three cloves. Simmer gently four hours, then take out the meat—which can be used hot or cold, as preferred; strain the soup, and let it stand all night for the fat to rise and harden. Before serving, remove every particle of fat, and, if liked, add a turnip, a carrot and some celery cut in small pieces, which can simmer in the soup till done; or add only a little mushroom catsup, or soy. Cut toasted bread in squares and serve with the soup.

No. 2 *Gravy Soup.*—Cut in thin slices half a pound of lean ham, three pounds of lean beef and three pounds of veal, and lay on the bottom of the stew-pan first the ham, then the beef and last the veal. Break the bones that may have come with the meat and put on top of the meat, with two carrots, two turnips, four onions, and cut up one head of celery, a bunch of herbs, four cloves and a blade of mace. Pour over all one quart of cold soft water, cover the soup-kettle closely and set it over a slow fire where the meat will brown. Then turn it, and brown the other side. Be careful that it does not scorch. Then add three quarts of boiling water; boil for an hour, till all the scum has been taken off, then add two teaspoonfuls of salt, a half dozen black pepper-corns, a very small bit of cayenne pepper, and let it simmer, *but never boil*, four hours, then strain through a tamis or flannel strainer into a clean earthen dish, and set in a cool place till all the fat hardens on the top and can be removed. If prepared early in the morning, it will be ready for a six-o'clock dinner, or it can be set away till the next day, which is better. When wanted, pour off carefully, leaving any sediment that may remain at the bottom. Set it to heat, and, when just boiling, serve in a hot tureen. This soup should be perfectly clear.

A GOOD FAMILY SOUP.

Half a pound of lean bacon or ham, two pounds of lean beef, cut in thin slices. Fry them with a few slices of onion and a small cabbage, chopped. When a clear brown, put them into the soup-digester or soup-kettle with two pounds of potatoes, three ounces of rice, two carrots, one turnip, sliced,

and two teaspoonfuls of salt and one of pepper. Pour over two quarts of hot water at first, set the pan over a slow fire, skim carefully, and, when no more scum rises, add two quarts more of water. When the potatoes are done take them out and mash them; let the soup simmer three hours after the potatoes are removed; then take out the meat and let the soup simmer another hour, when it should be strained, the meat cut in neat pieces, added, and thickened with the potatoes rubbed through a colander. Stir constantly after they are added, for fear of scorching, till the whole is hot. Then serve with toasted bread cut in dice.

SOUP MAIGRE.

This is a meatless soup, for fast-days, made by preparing a bunch of celery, a good head of lettuce, if in season, and a handful of parsley, all well washed and cut small, and a handful of spinach washed and picked over. Set a stew-pan over a slow fire, and put in half a pound of butter—perfectly sweet, or the whole will be spoiled. Shake it about until it has all melted and has done hissing. Then put in five or six small onions peeled and cut quite thin and small, and shake about in the butter, which must not get hot enough to scorch. When butter and onions are of a light gold color, add the celery, spinach, etc. Stand by and shake all these over the fire for fifteen minutes, until thoroughly mixed and tender, then sift in gradually about a tablespoonful and a half of flour. When the flour is well mingled, so that there are no lumps, pour in two quarts of boiling water. Throw in a handful of hard dry crusts, a teaspoonful of ground black pepper, half of a small cayenne pepper, two even spoonfuls of salt. Let it boil gently half an hour, being stirred often enough to prevent its sticking at the bottom, and, if in season, put in a pint of green pease. At the end of half an hour take the kettle off the fire, and stir in instantly the well-beaten yolks of two eggs and a tablespoonful of vinegar. Pour all into a hot soup-tureen, and serve.

MACARONI SOUP.

Take as much good meat stock as will be needed for the quantity of soup required. Have ready one turnip peeled and cut in small squares, two carrots well scraped and cut in small narrow strips an inch long, two leeks shred fine, four onions peeled, two cloves, a blade of mace, a teaspoonful of pepper-corns. Bring the stock to boiling, skim off all the scum, and then add these ingredients. Set the saucepan where it will simmer gently two and a half hours, occasionally raising the lid to let out a little of the steam. While this is cooking, prepare a quarter of a pound of macaroni thus: Wash it well in several waters, put it into a saucepan, cover with plenty of cold water with a little salt. Let it boil until it is quite tender. Half an

hour should cook it soft. When done, strain off the water, pour more cold water over it and wash again, lay it on a board and cut in small pieces. As soon as the soup is cooked sufficiently, lay the macaroni in a soup-tureen, and strain the hot soup over it through a tamis, so that none of the substance of the soup shall come through.

LOBSTER SOUP.

If made with care, this is one of the best soups made, and is not at all elaborate or difficult to make. Boil four good-sized lobsters. Remove the meat from the body, claws and tail, cut it all up small into dice or chop very fine, whichever is most desirable, and set aside ready for use. Bruise the shell, small claws and fins in a marble mortar and put them into two quarts of fish stock; add to this the well-toasted crust of a French roll, but take care not to scorch it, peel and cut up fine one onion, part of the peel of a small lemon, two teaspoonfuls of salt and half a small teaspoon of cayenne. Let these simmer nearly an hour. While this is cooking, make quenelles, or forcemeat, of the pounded coral of the lobster, part of the meat, two tablespoons butter, the same of bread-crumbs, and bind all together with a well-beaten egg. Roll this forcemeat into balls the size of a small olive, and fry in boiling-hot butter, shaking them all the time while frying so they may be equally browned. Put on the bottom of the tureen, and set where they will keep hot. When the soup is nearly done, strain through a tamis, to clear from all bits of shells. Put back into the soup-kettle, and add all that remains of the meat of the lobster, cut into small pieces. Let it boil over a minute, then pour over the forcemeat balls into the tureen, and serve hot.

VEGETABLE SOUP.

Put three pounds beef into three quarts cold water. Set it over the fire. Skim off all the scum as fast as it rises. When it has been over half an hour, add two-thirds of a tablespoonful of salt. As soon as it begins to boil, add half a cup of cold water to stop the boiling for a few minutes, and the scum will rise to the surface. This must be skimmed off carefully. When no more scum rises, add one small turnip, sliced, one carrot cut in dice, two cloves, one small onion, a stalk of celery, and, if the flavor is liked, a leek and a clove of garlic. Let it simmer constantly for from six to eight minutes, but not boil. Then add a tablespoonful of brown sugar, and serve.

VERMICELLI SOUP.

To make the best vermicelli soup, first prepare a rich stock from a good soup-bone. Cut enough of the meat from the bone to fill a frying-pan half full. Fry in butter carefully till of a rich brown. While the meat is frying

put the bone into the soup-kettle with four quarts of cold water; then add the browned meat and two sliced onions fried, but not scorched, in butter, four cloves, three allspice, teaspoonful of whole black pepper-corns, a small chili or a bit of red pepper, half a teaspoonful of celery-seed or some celery stalks. Simmer eight hours. Then remove the meat and set the stock away to cool. Next morning remove all the fat, pass the soup through a sieve, and boil it long enough to reduce it one-third. Full half an hour before dinner add two-thirds of a teacupful of vermicelli, and, when quite tender, serve. This, without the vermicelli, makes a very nice, clear soup for a dinner party, to which add, just before serving, two boiled eggs cut in bits, and half a lemon sliced.

The fat skimmed from the stock and clarified by boiling till all the water disappears, is good to use instead of lard, and the meat can be made into excellent croquettes.

SPINACH SOUP.

Set to boil as much good meat stock as you desire for soup. Have it well seasoned, and flavored with such vegetables as you please. Boil the spinach and prepare as for the table with butter, pepper and salt; then press through the sieve into the boiling stock; add a gill of cream. Let it boil up a moment, then serve. It is improved by dropping into the soup while boiling hot, the moment it is poured into the tureen, some raw eggs — one for each guest. Let the tureen stand over a kettle of boiling water a minute or two and serve. In dishing, if there are eggs for each of the guests, dip out the soup carefully, with one egg in each plate, unbroken. If only three or four eggs are used, stir them into the soup while the tureen is over hot water.

CORNED-BEEF SOUP.

When the liquor in which the beef and vegetables were boiled is cold, remove all the grease that has risen and hardened on top, and add tomatoes and tomato ketchup and boil half an hour—thus making an excellent tomato soup; or add to it rice, or sage, or pearl barley, or turn it into a vegetable soup by boiling in the liquor any vegetables that are fancied. Several varieties of soups may have this "stock" for a basis, and be agreeable and nutritious.

BEAN SOUP.

To one quart of black or turtle beans, one and a half gallons of water; boil steadily until the beans are perfectly soft, then mash them in the liquor until smooth; strain them through a colander, and return the liquor to the pot. A pint of stock, made from the bones of cold roasts, improves the flavor of this soup; but if this is not at hand, add a lump of butter the size of an

egg, rolled smooth in a little flour. Season with cayenne pepper, salt, powdered mace and cloves to taste. Just before serving add cooking wine to taste, the yolks of hard-boiled eggs, and a lemon, sliced; if the liquor boils away, add boiling water in time for it to unite with the soup before serving. This soup needs four hours to make.

GREEN-PEA SOUP.

Four pounds beef, cut into small pieces; half-peck of green pease, one gallon of water. Boil the empty pods of the pease in the water, one hour, before putting in the beef. Strain them out, add the beef and boil slowly for an hour and a half longer. Half an hour before serving, add the shelled pease; twenty minutes after, half-cup of rice-flour, with salt and pepper. After adding the flour, stir frequently to prevent scorching. Strain into a hot tureen.

GUMBO SOUP.

Take one onion, a small piece of ham; fry out in the pot the soup is to be made in. Cut up one chicken, leaving the breast whole. Add one table-spoon of rice. An hour before it is done, add a pint-bowl of okra, sliced, the same quantity of sliced tomatoes, a salt-spoon of red pepper. Cut the breast of the chicken in small pieces and leave in the soup.

ECONOMICAL SOUP.

Put all the bits and bones left over from a roast, add any bits left over from steak or mutton-chops, into a soup-kettle; cut up one carrot into small, neat bits or dice; one sweet-potato cut in thin slices; a small bunch of sweet herbs, if agreeable; a tea-cup of finely-shred cabbage, and one onion finely minced. Boil slowly two hours; then add a pint of green corn, half a dozen fresh tomatoes, and boil half an hour longer. Then strain all through a sieve, and return to the fire; let it boil up once, and serve hot.

HARVEST SOUP.

Cut in small pieces one pound of good beef; cover with cold water, and boil gently for three hours; let it stand over night; remove all the fat; bring to a boil, and add one can of lobster, cut fine. Prepare one cauliflower, sliced; cut the corn from one dozen ears; break in small pieces one quart of butter-beans; slice one onion; cut fine three or four radishes, and add all to the soup, with one whole green bell-pepper, one-half teaspoonful of black pepper, one teaspoonful of salt. In one hour add one quart of tomatoes, sliced. When tender, carefully remove, without breaking, on a skimmer, the bell-pepper. Simmer the rest four hours longer. Add no more water before the tomatoes are put in than necessary to keep from burning; after

they are in, none will be needed. Half the above quantities can be used. Some like potato with the other vegetables. Add salt to taste before dishing. A little rice can be used, if liked, in the soup.

SHEEP'S-HEAD SOUP.

Clean the sheep's-head very carefully after the skin has been removed, and put it into four quarts of boiling water. Let it boil slowly till reduced one-half, then add one teacup of well-washed pearl barley, six onions cut up very fine, one carrot and one turnip, also cut fine, a few cloves, a small bunch of sweet herbs, salt, pepper, and any kind of catsup to suit the taste. After these are all added, let it cook one hour; then take out the head, strain off the soup through a coarse sieve, to get free from all the vegetable substances, cut up the head into small pieces and put it to the soup, and set it again over the fire. Taste it, to learn if more seasoning is necessary. As soon as it boils up, send to the table.

MACARONI SOUP.

Make a rich beef stock, flavored highly in any way you may choose. Par-boil as much macaroni as you wish to use in boiling salted water; when it is quite tender (it will take about twenty minutes), cut it into small pieces several inches in length, throw them into the boiling soup, and let them boil with it a few minutes before serving it. Hand grated Parmesan cheese on a plate by itself.

CANNED-TURTLE SOUP.

The canned turtle comes in a jelly, and only needs to be stewed in some stock, just enough to thin the jelly sufficiently. Use fish or vegetable stock. It is better for this purpose than meat stock; add a few truffles and a larger proportion of curry-powder than for fresh turtle, three or four small green onions, a sprig of basil, cayenne pepper, black pepper and salt to suit the taste; butter, flour, and lemon juice according to the quantity. Prepare some "little eggs" by taking yolks of three hard-boiled eggs, and one uncooked egg. Rub them together till smooth, roll into small balls, and throw into the soup when it just begins to boil. The turtle needs cooking but a short time, and the onions and herbs should therefore be put to the stock and boiled till tender, then add the turtle and the little eggs. Let them boil a few minutes together, and serve hot.

PEANUT SOUP.

To make this dish, shell three pounds of roasted nuts, rub off the dry, brown skin carefully, pound the nuts to a smooth paste in a mortar, gradually adding a tablespoonful of brandy to prevent oiling; put this paste into a sauce-

pan, set it over the fire, and gradually stir into it two quarts of boiling water; season it palatabiy with salt and cayenne pepper; let it simmer gently until it thickens, stirring it occasionally to prevent burning, and then serve it hot.

PEANUT SOUP WITH OYSTERS.

Prepare three pounds of nuts as directed in the preceding receipt; mix with them two tablespoonfuls of flour, smoothly blended with a half-pint of cold water; place this mixture in a sauce-pan over the fire, gradually stir into it a pint and a half of boiling water, or milk and water, add a small red pepper and a palatable seasoning of salt, and boil for fifteen minutes, taking care that the soup does not burn; then put in one pint of oysters from which all bits of shell have been carefully removed; let the soup boil once, and serve it immediately.

We have eaten both these soups at the South, and find them quite nice.

CARROT SOUP.

Take six or eight large carrots, scrape them well, cut off the tops a quarter of an inch down, throw the carrots into a sauce-pan of boiling water, with plenty of salt, one large onion, and let them boil until perfectly tender; take a lump of butter (a quarter of a pound, if you do not consider it too extravagant), place it in the tureen, and let it partially melt (we take it for granted that the tureen is properly warmed); sprinkle a little pepper and allspice on it, then strain your carrots, liquor and all, into the tureen; rub every particle of the carrots through the strainer, and stir in the tureen until all the butter is melted; serve very hot with toasted bread.

SUMMER SOUPS.

A most delicious pea soup is made as follows:

Put half a pound of butter into a soup-kettle, over the fire, and add to it a quart of green pease. Shake them round constantly for fifteen minutes, to prevent their browning. Then take out half the pease, and set aside, then pour in two quarts of vegetable stock, or some prefer boiling water. Cut fine about a pint of spinach, a half-dozen green onions, a little mint, if agreeable, and a head of celery. Set the kettle where this will stew slowly two hours, till all the materials are reduced to jelly, then add the pint of pease reserved, three tablespoonfuls of sweet butter rolled in flour, two teaspoonfuls of salt and one of black pepper. Let it just boil up, then pour into a hot soup tureen, and serve immediately.

Julienne Potage or soup for June and July, from which it takes its name, because it should have a good proportion of all summer vegetables, is made as follows:

Take equal parts of carrots, turnips, celery, onions, cabbage, lettuce, leek—in all three quarters of a pound—with a little sorrel and chervil. Cut the red part of the carrots in long strips, then across like dice; cut the turnips and celery in the same manner, fry them in two ounces of butter to a delicate brown. (When frying vegetables for soups, do it in a long-handled stew-pan, so that they can be easily shaken to keep from scorching.) When hot, add to them two leeks cut in small pieces, the sorrel, and a little chervil, with a dessertspoonful of sugar. When the vegetable or julienne is nearly tender, pour in two quarts of good clear stock, turn all into the soup-digester, or kettle, which should be well-heated, then boil one hour, when it should be set one side to simmer and allow the scum to rise, which must be carefully taken off. While this is doing, prepare separately two spoonfuls of green pease, and the same of asparagus heads. Put them into the soup-tureen, well heated, and when the soup is done pour over them and serve. If preferred, the pease and asparagus can be omitted.

Or, cut up, after being well cleaned, three carrots, three turnips, two large sticks of celery, three onions, three leeks; fry ten minutes in two ounces of sweet butter, over a slow fire, shaking the pan constantly to prevent scorching. Then pour them into the hot soup-digester, in which are three quarts of strong stock, and simmer half an hour. Then cut up two heads of lettuce, a leaf or two of sorrel and of chervil, with a cup of French beans cut in dice, add a tablespoonful of salt, half teaspoonful cayenne and half tablespoonful of sugar. Let it all simmer gently till the vegetables are very tender. Half an hour should be long enough. Serve with bread fried in small dice-shaped bits.

A household root-cutter or rasp is a great convenience for many kinds of cooking, but especially for making julienne soup, as it is important that the vegetables for this soup should be quickly cut, and neatly, or the soup will suffer in taste as well as looks, and this root-cutter will cut them all quickly and in exact form.

MOCK-TURTLE SOUP.

To make mock-turtle soup, the preliminary steps should begin the day before it is needed; because the common stock, which all good housekeepers keep on hand, is not suitable.

Put to a gallon of cold water four pounds of the fleshy part of a shin or neck of beef, add three medium-sized carrots, one onion, one head of celery, a small bunch of savory herbs, a small blade of mace, half a teaspoonful of peppercorns and two tablespoonfuls of salt. When the meat is cooked quite into fragments, strain off this broth, and when cold pour it on to three pounds of the knuckle or neck of veal. Simmer this gently until the meat falls off the bones. Be very careful that it only simmers gently, or the broth

or stock will be so reduced that it will not be sufficient for the soup. Strain the soup or stock, through a hair-sieve, into a clean earthen dish. Leave it in the sieve over the the dish to drain closely off from the meat.

Next take half of a nice calf's-head, with the skin on; the skin being the most gelatinous part; remove the brains, and then bone it entirely, or let the butcher do this for you. When the stock is cold, take off all the fat from it. Roll up the head lightly (leaving the tongue in or not as is most convenient), and tie it together with tape, then put it into the soup or stock, bring it to a gentle boiling heat over a moderate fire. Simmer for an hour and a quarter, keeping it closely skimmed. Then lift the head into a deep earthen bowl, and pour the soup to it. Let it remain together till nearly cold, to prevent the edges of the meat becoming dark.

Take two ounces of the lean part of raw ham; remove every particle of fat, rind or any part that will taste of the smoke; peel and slice one mild onion or four moderate-sized eschalots; dissolve in a clean iron sauce-pan eight tablespoonfuls of butter, which is equal to four ounces; put to this butter when hot the ham, onions, half a dozen cloves, two small blades of mace, half a teaspoonful of peppercorns, three small sprigs of thyme, and one of winter savory, and, if that flavor is relished, the thin rind of half a lemon.

Stew all these articles as gently as possible, keeping them just simmering for one hour, shaking the pan frequently. Then sprinkle over all, by degrees, two ounces of fine dry flour; then, by shaking the pan, mix the whole well together, and after simmering gently a few minutes longer, add very gradually five pints of the stock, free from all fat or sediment, and made boiling hot before adding it. Shake the pan round earnestly as the first portion of the stock is added, and continue to do it until about three pints have been added, when the remainder of the soup may be poured in at once, well stirred, and then the pan should be placed one side on the range, where it will simmer as gently as possible one hour.

At the end of the hour turn the whole into a hair-sieve placed over a large bowl or pan. If the liquid will not pass through easily, do not force it through with a spoon, as that will spoil the appearance of the soup, but knock on the sides of the sieve, which will hurry it somewhat.

Meanwhile, when the soup is draining, cut up the meat from the head to have it ready to add to it—for the finest kind of mock-turtle soup only the skin with the fat that adheres to it—and this, with the tongue, should be cut into little squares or strips of an inch in width. For ordinary occasions the lean part of the meat may be added also; but as this is sooner done than the skin, it is better to put it to the soup half an hour later. When the tongue and skin are ready, put them to the strained stock, and put all together into a clean pan, and simmer one hour till perfectly tender; but it must not be allowed to break. A little cayenne improves it for most, and

should be put into the stock before it is strained. Use salt sparingly because of the ham, until every thing has been thoroughly mixed; then taste, and use as much as will be desired.

A couple of glasses of sherry or Madeira are thought by most to be indispensable, with a dessertspoonful of lemon-juice to be added a few minutes before serving; but by adding three tomatoes while preparing the stock and a tablespoonful of tomato catsup, then just before serving add a dessertspoonful of lemon-juice and two glasses of orange-juice, we think we can make a soup that will be better relished than by using wine.

There are several ways of making what is called mock-turtle soup, but this is the real article, and not half the trouble the necessarily long directions would indicate.

POTATO SOUP.

Chop six large potatoes fine and put into a gallon of water; add one teacup of rice. Let it boil till the rice is tender, then add a piece of butter the size of an egg. Work one tablespoonful of flour to a paste with the butter, and stir into the soup, and add one teacup of sweet cream just before taking from the fire. One hour will make the soup.

Or — Pare and chop fine six good-sized potatoes; put them into a soup-"digester" or kettle with three pints of water; boil until just tender, not soft; season with pepper and salt. Just before ready to serve, break into the soup three or four raw eggs, and stir briskly to break the eggs before they are cooked. Serve hot and immediately after the eggs are well stirred in.

SWISS POTATO SOUP.

Pare and slice six large potatoes and three small turnips. Put them to five pints of water. Boil five or six hours, until perfectly dissolved and of the consistency of pea-soup. If it boils away too fast, fill up with boiling water. When thick enough, add butter, pepper and salt. A small bit of salt pork, or a bone or bit of lamb or veal and a small onion may be added to vary the soup, if desired.

TOMATO SOUP.

Make one gallon of stock from nice fresh beef. When cold, skim and strain. Take off the skin from three quarts of fresh tomatoes, cut out all the hard core or center, rub through a sieve, and put to this stock and set to boil. As soon as it boils make a paste of butter and flour, rubbed together, making in all a half-teacupful. When the stock boils, stir in this paste gradually. Be careful that it does not lump. Boil twenty minutes. Season with salt and pepper to suit the taste.

Canned tomatoes answer when there are no fresh to be had.

Another, without meat.—One quart peeled tomatoes to one quart of boiling water. Stew till soft, then add a teaspoonful of soda. When it ceases to effervesce, add one quart of boiling milk, a little rolled cracker, salt, butter and pepper to taste. Boil a few minutes longer, then serve. A spoonful of sugar is considered by some a great improvement.

A CLEAR SOUP.

Take two quarts of the best "stock" (that which is made from beef-bones is the best). It should have been boiled the day before it is wanted, so as to have all the fat perfectly cold. Remove every particle of this fat and strain the stock through a flannel or linen strainer, and repeat it till the stock runs bright and clear. If the straining does not quite clear it, clarify it; mix one egg and the shell in a gill of cold water, then add a gill of the boiling soup, and stir it quickly into the boiling soup. Then set the soup-kettle back on the range, when it will stop boiling, until the egg and shell have gathered all the small particles that cloud the soup. Then strain it once more, season with salt and pepper, added gradually, tasting the soup as the seasoning is added, to be sure there is not too little or too much. Color to a clear amber color with a scant teaspoonful of caramel.

Caramèl is made by melting half a pound of sugar, gradually, in a thick copper vessel, stirring constantly with a wooden spoon. When dissolved, boil slowly until it is of a rich color, but do not let it burn. When brown enough, add one quart of cold water, stir well and boil gently at the side of the stove twenty minutes; then cool, strain and bottle tight. In using "caramel," add just as about to take up the soup.

Poached eggs are often added for clear soup or *consommé*. Break very fresh eggs into a deep sauce-pan half full of boiling water; put to the hot water one teaspoonful of salt and half a gill of vinegar. Cover the sauce-pan tight, and set on the back of the stove till the whites of the eggs are firm. Then lift them out one by one on a skimmer, trim off all rough edges neatly to an oval shape; then slip them off the skimmer into a bowl of hot but not boiling water; let them stand ten minutes, and put them to the soup when just ready to serve. The eggs are a great improvement.

Two quarts of water will make enough soup for eight persons.

OX-TAIL SOUP.

Take two tails, wash and put into a kettle with about one gallon of cold water and a little salt. Skim off the broth. When the meat is well cooked, take out the bones and add a little onion, carrot and tomatoes. It is better made the day before using, so that the fat can be taken from the top. Add vegetables next day, and boil an hour and a half longer.

CREAM OF RICE SOUP.

Two quarts of chicken stock (the water in which fowls have been boiled will answer), one teacupful of rice, a quart of cream or milk, a small onion, a stalk of celery; salt and pepper to taste. Wash the rice carefully, and add to the chicken stock, onions and celery. Cook slowly two hours, put through a sieve; add seasoning. The milk or cream, which has been allowed to come just to a boil in a separate sauce-pan, is to be added the last thing. If milk is used, add a tablespoonful of butter.

OYSTER SOUP.

Strain the liquor from two quarts of oysters, put the liquor on the back of the stove in a farina kettle. Then pick over the oysters carefully, removing every particle of shell, and, if possible, do this without washing them, as washing takes out much of the best flavor. Heat three pints of rich milk, or, if you have it, half that quantity of milk, the other half rich cream; season with salt, pepper and, if liked, a little mace. Rub together three ounces of butter with an ounce and a half of flour, corn-starch or farina. Stir this into the milk when scalding hot, and as soon as it begins to thicken add the liquor from the oysters, which must not boil—only have it hot. Stir well, and add the drained oysters. As soon as they puff out and the edges are "curled" or "ruffled" they are done. We think farina much nicer for thickening any soup than flour or Indian meal; cracker crumbs rolled fine the next best.

Many receipts advise washing the oysters to remove the small bits of shell, but with care they can be picked off. We think no water should be used to wash them, or added for increasing the quantity of soup, but that milk or cream is much better, giving the rich flavor of the oyster more perfectly.

LOBSTER OR CRAB SOUP.

Boil eight crabs, or two not quite medium size lobsters. Pick out the meat and chop fine. Pound the shells and small claws in a mortar, and boil them two hours in two quarts of the water they were boiled in. Just before they are boiled enough, prepare what else is needed; chop the meat; fry one small onion in a tablespoonful of butter; when delicately browned, put to it the crab or lobster meat and let it warm up a minute or two, not more; then sift over it one tablespoonful of flour and some pepper. Stir well; then add the water in which the shells have been boiling—straining it free from all pieces—and one teaspoonful of minced parsley. If the water has boiled down to less than three pints, add more of the water in which the lobsters were first boiled; there will probably be plenty left over. When thus prepared, put it over the fire and boil one hour, then add a pint of boiling milk; let it boil up once, and serve hot.

FISH.

FISH CHOWDER.

Put into the pot in which the chowder is to be made a few thin slices of nice, sweet salt pork. Let them fry on the bottom of the pot till brown, then put on a layer of fish (cod or haddock is the best), then a layer of sliced potatoes and onions, another of fish followed by one of potatoes, until there is as much as will be required. Use the onions in such proportions as will best suit the taste of all. Sprinkle over salt and pepper or boil a red pepper; but remember that the salt pork will be almost enough salt for seasoning the whole. When all ready, pour water enough to cover the whole, and let it boil twenty minutes. Just before taking up, wet a tablespoonful of flour in some milk — or more, according to the quantity of fish — and pour in to thicken the chowder a little. Put pilot bread, or slices of bread, or crackers, round the bottom and sides of the tureen, then dish and serve hot. Clam chowder may be made from this receipt.

BOILED HALIBUT.

The tail is generally thought the best for boiling. It certainly can be used that way to the best advantage. Next to that a thick solid piece is the best. Flour a fish cloth (such cloth should never be used for any other purpose), wrap the fish in it and pin the cloth round neatly. Put it into cold water, well salted; let it come slowly to a gentle boil. After the water boils, let the fish cook a half hour longer. Serve with drawn butter or egg-sauce. Slice two or three hard-boiled eggs and lay over the fish; and pour a little of the sauce over it also.

DRAWN BUTTER FOR FISH.

Beat together one small cup of butter and half a tablespoonful of flour until very smooth. Pour over this one gill of boiling water, stirring it quickly. When smooth set the sauce-pan over the fire and let it boil once. If liked, tie up four sprigs of parsley, put them for a moment into boiling water, then take out, cut up very fine and stir into the batter. Sprigs of parsley laid round the dish, when sent to the table, are the usual garnishing. Egg-sauce for boiled fish, is made by pouring drawn butter, made like the above, over two or three hard-boiled eggs chopped very fine. Some like a little Reading or Worcestershire sauce put into egg-sauce.

COD-FISH WITH EGG-SAUCE.

Boil three or four eggs, quite hard, chop fine, rub half a tablespoonful of flour into three tablespoonfuls of butter, beat in the chopped egg, pour over this some of the water in which the fish was boiled—about two teacupfuls—add to this enough cream or milk to make what sauce will be needed. Boil it all up once, season with pepper and salt and pour over the fish; or chop the hard-boiled eggs fine, put two spoonfuls and a half of butter over the fire, when melted add a tablespoonful of lemon-juice, stir in the chopped egg, and then pour this over the fish.

Fresh fish should always be put into cold water and set over the fire. When it begins to boil, let it cook three minutes to every two pounds of fish, or a six-pound fish nine minutes.

FISH FRITTERS.

Remove all the bones from the cold fish. Pound the fish in a marble mortar, add equal proportions of bread-crumbs and mashed potatoes, stir in half a tea-cup of cream, two well-beaten eggs, some cayenne pepper and anchovy sauce, if liked. Beat all together thoroughly, cut into small cakes and fry in boiling lard.

TO COOK TROUT.

After dressing the trout, split down the back, wash and wipe dry. Have the gridiron hot and buttered. Don't have the stove filled too full of coal, or the fish will scorch; but have a clear, bright fire. Lay the trout on the broiler, skin down. When it begins to turn a clear brown, turn the gridiron over, and broil the other side of the trout delicately. Butter and season with pepper and salt, and serve on a bed of watercresses, garnished with thin slices of lemon. Some serve with *maitre d'hotel* sauce.

TO PICKLE FISH.

When the fish (shad, salmon or haddock are the best) has been well cleaned and dried, cut up into pieces of the most convenient size for packing in the jar. Use a stone jar large enough to hold the fish when cut up. Rub each piece with a little more salt than you would use if cooking it; cover the bottom of the pot with the fish, then strew over it a few whole black peppers, and two or three allspice, and a small piece of mace—if liked, a very little piece of cinnamon—and one clove. Proceed in this way until the jar is nearly filled, then pour over the whole good cider vinegar—but not too strong. (When vinegar is well made, and old, it becomes so strong as to eat or spoil any thing on which it is used, and should be diluted with water, but must stand a few days after the water is added before using. Add the water to only as much as will be soon used.)

When the fish is covered with the vinegar, tie a paper over the mouth of the jar, and then cover this with flour-paste to keep in all the steam. Put the jar in the oven and bake three hours. The fish is ready for use when cold, as needed. It will keep in the pickle, in a cool, dry place, six months.

SALMON STEAKS OR CUTLETS.

Cut the slices from the middle of the fish an inch thick, put one tablespoonful of butter into the frying-pan for each slice or steak. Beat up two eggs very light; have cracker dust, or crackers finely rolled, in a separate plate, into which shake a little cayenne pepper, sift it and the cracker dust together, so that the pepper will be evenly distributed. Wipe the fish very dry, and sprinkle with a little salt. Dip first in the egg all over, then in the cracker-crumbs, and fry very quickly. Drain off all the grease from each steak when done, and put on a hot platter, lined with hot, clean paper, prettily fringed and curled at the ends. Lay green sprigs of parsley neatly over it, and serve immediately.

The French use the best salad-oil, in cooking salmon, instead of butter.

FISH BALLS.

Any fish can be picked up free from bones that has been left over from dinner, either fresh or salt, boiled or baked. For fresh fish use equal parts of potatoes, season, moisten with a little of the gravy left over, make into neat round balls, and fry in boiling lard, or clarified dripping, in the same manner and with the same care you would use in frying doughnuts. If salt fish, prepare in the same way, only use two-thirds potatoes. Desiccated codfish found great favor until it was spoiled by mixing all refuse fish together; but shredded codfish, a new and entirely different article, after a fair trial and getting friends to try it in their families, we are prepared to pronounce perfect. The shredded fish is made from the very best George's Bank codfish, and is shredded by the only process that does not destroy the fiber or affect the flavor, and in its preparation gives none of the disagreeable odor in cooking usually so troublesome. One pound of this shredded codfish is more than equal to two pounds of fish not prepared by this process; and can be ready for the table in fifteen minutes. We copy the directions. For fish cakes: Wash in cold water (never in hot water) just to remove the salt, strain through a coarse cloth, to free from the water, add potatoes to suit the taste, and fry in butter or in a kettle of lard as you would crullers.

CREAM FISH.

Prepare as above, then to one cup of fish add two cups of milk, one ounce of butter. Boil one minute, then add one egg and a half-teaspoonful of

corn-starch rubbed smooth in milk. Serve hot. Served on toast it is an excellent breakfast dish. If cream is plenty, use cream instead of milk, and less butter. We have tried this faithfully, and are confident it is worthy of all praise.

BOILED FRESH COD.

Clean a medium-sized fresh cod carefully; wash in clear cold water thoroughly, wipe dry and pin up in a napkin, unless it is cooked in a fish-kettle with a drainer. In that case it needs no cloth. Cover either with cold water or boiling hot water. If in cold water, a good-sized cod will not need more than twelve or fifteen minutes' cooking after the water begins to boil. If put into boiling, it will need from twenty-five to thirty minutes. We like the flavor better when put into boiling water. Put salt and grated horse-radish in the water in which it is cooked. When done, lay a folded napkin on the fish-platter, lift the fish from the strainer carefully, and lay on the napkin. Serve with drawn butter and oysters or nice egg-sauce.

What is left over of boiled cod is nice picked up neatly and warmed up with drawn butter and oysters or egg-sauce. If any is left over, use that as far as it will go. Add pepper and salt if needed. Warm thoroughly; stir constantly to prevent burning; then make into balls and brown in the oven.

All cloths or napkins used about fish should be carefully cleaned and put aside, never to be used for any thing else.

TO WARM UP COLD FISH.

Beat up one egg with one teaspoonful of drawn butter. Mince the fish fine and season to taste. If there is any roe of shad or cod, well boiled, work it up with one tablespoonful of butter and yolks of three hard-boiled eggs. Cut the whites of the eggs in thin rings. Put a layer of finely mashed potatoes at the bottom of a buttered deep dish, then alternate some of the minced fish with some of the drawn butter, lay in a few of the rings of the whites of eggs, and the roe, then a thin layer of the mashed potatoes, another layer of fish, roe, drawn butter, etc.; pepper, salt and minced parsley strewn over each layer. Cover the top, when all is put in, with mashed potatoes, and lay a plate over all. Set it into the oven till thoroughly heated through, but do not keep it any longer. Take off the plate, brown a few moments, and send to the table hot.

COD-FISH ON TOAST.

Take a pint of shredded cod-fish that has been soaked in cold water long enough to freshen; drain, put into a skillet with a little cold milk, season with butter and pepper, mix a spoonful of flour smooth in a little milk; add, boil up and turn on to buttered toast on a platter.

BAKED COD-FISH.

Baked cod-fish is an excellent breakfast dish. Cut the fish in small pieces and let it soak all night in cold water; in the morning pick it in shreds, and let it simmer on the stove until it is tender, then draw off the water, and to one-third mashed potato put two-thirds fish; stir it so that the potato will be evenly distributed. Bake until it is a rich brown on the top; serve with a sauce of drawn butter, in which cut two hard-boiled eggs.

MATELOTE OF COD-FISH, OR COD-FISH STEW.

Cut off the head of a cod-fish weighing five pounds. Remove bones from the fish, and fill it with a dressing made of half a pint of oysters, a scant pint of bread-crumbs, a fourth of a teaspoonful of pepper, two teaspoonfuls of salt, two tablespoonfuls of butter, half an onion, an egg and half a tablespoonful of chopped parsley. Place five slices of pork, both under and over the fish. Boil the bones in a pint of water, and pour this around the fish. Bake an hour, and baste often with gravy and butter. Have a bouquet of herbs in the corner of the baking-pan. Make a gravy and pour around the fish. Then garnish with fried smelts.

OYSTERS.

The great improvement in the facilities of passing from one State to another, aside from the great increase of traveling and the ease and comfort which it brings the traveler, has also enabled us to enjoy the fruits and vegetables and many other luxuries that not very many years since were only known to those whose buiness took them by slow processes from one part of the world to another. The tedious sailing-vessels gave infrequent communication with countries across the ocean; and in our own country all journeying was done on horseback, in private carriages, in the stage, or, latterly, by canals. Then most people read of the many luxuries and beauties of other lands, and exceedingly desired to see them and enjoy, but died without the sight.

Now, almost any choice flower or fruit that can be found in the world can be brought by our improved modes of transportation to us all. Even some who can not yet be called middle-aged, will easily recall the time when oranges, pineapples and many other fruits were seldom seen. Now they are almost as plentiful as our native apples; and with the great demand for such luxuries the supplies are rapidly increasing, because the facilities of disposing

of them and transporting them in good condition to all parts of the country, or the world, give encouragement to the producer, and largely increase the energy and industry of those who are to profit by the demand.

In no one thing, as we now recall it, has the change been so marvelous as in the plentiful supply of oysters. When, over forty years since, we first went West to live, once in many months, at some great occasion, pickled oysters were very sparingly served; but it never entered the imagination of those, rich enough to gratify every taste or whim, that oysters in the shell could ever be brought to their homes. But those who sell them, are learning better methods of keeping them for a longer time, and our railroads that honeycomb almost every section of our land, connecting rapidly and making no tarry, have brought us all, as it were, into one household; and the oyster taken from its bed one day may the next be hundreds of miles away, to comfort the invalid or rejoice the heart of the epicure.

In no part of the world can there be found such fine varieties of this choicest of all shell-fish as in the United States. In the East River, at Blue Point, all along the coasts of the Chesapeake and Delaware, they are found of the finest flavor and exceedingly large.

Like every luxury, they are often spoiled by imperfect cooking. In no way can their best flavor be enjoyed so well as by eating them from the shell, raw. They should first be kept some time in a very cool place, and then eaten as soon as the shell is opened. A few days since we saw a pretty and novel way of serving them so as to be quite ornamental. A block of ice, large enough to fill a No. 1 platter or ice-cream dish, should be put on the dish, with a folded napkin under it. Before putting on the platter, a large, well-shaped excavation must be made in the block of ice by a hot iron, leaving a rim or band of solid ice two inches thick all around the block. Then, just on the instant needed, large fine oysters are to be opened by an expert, so as to have each oyster in good unbroken shape, and laid in the excavation on the ice-block, with pepper and salt sprinkled over them sparingly. A handsome wreath of myrtle and delicate flowers is to be placed all around this block of crystal, and bits of lemon, cut in fanciful patterns, placed about. Nothing could be prettier than this dish, and one is sure of the oysters being fresh and cold.

PICKLED OYSTERS.

Select one hundred large oysters, strain them and see that none of the shell adheres, and put oysters and liquor into a porcelain kettle; add salt, if necessary. Heat very slowly till the oysters are scalding hot, but do not bring them to the boiling point. Then take them up carefully with a clean, perforated skimmer, and put them away to cool. Add to the liquor that remains in the kettle one pint of white-wine vinegar, one dozen small blades of mace, two dozen whole cloves, two dozen whole black peppers, and one

large red pepper broken up in fine bits. Let this boil up for a minute, when the oysters that have been set aside are almost cool, then pour it over them while scalding hot. Cover closely the jar in which they are, and put into a cool place. The next day pour them in glass jars, with good tight tops closely screwed on. Keep in a cool, dark place. Small pint jars are the best, as, when opened, the oysters should be used at once. They will keep two months with ease.

It is very little trouble for every housekeeper to put up all the pickled oysters needed for her family; and, by so doing, she is sure of the purity of the materials used, besides saving nearly half the price of those she buys. Most of the vinegar used by those who pickle to sell is adulterated and very unwholesome. Try a little of the liquor from pickled oysters which you buy, by dropping it upon a brass or bell-metal kettle; and if sulphuric or pyroligneous acid has been put in the vinegar, the metal will instantly turn a bright green.

FRIED OYSTERS.

Wipe perfectly dry, dip in well-beaten yolk of egg, then roll in cracker-dust, or cracker rolled fine and sifted; fry in boiling lard. When done, drain dry, and lay on paper in a sieve to absorb all the grease. Serve hot, seasoned with pepper and salt. If the oysters are large, a second application of egg and cracker-dust improves them, and some use one-third butter and two-thirds lard for frying. Large oysters are very good fried carefully a delicate brown, without dipping them in either cracker-dust or batter.

If the oysters are very small, pour them and a part of the liquor into a pan of crackers rolled fine. Let them stand a few minutes, add a little salt and pepper, and mold them into little cakes, two or three small oysters in each cake; roll in dry cracker-dust till well incrusted, and fry a clear, delicate brown in hot butter and lard or beef-dripping.

Oysters fried plain—that is, without cracker-crumbs or batter—are nice served on toast and enough boiling hot cream poured over to cover them or to soak the toast. Half a tablespoonful of flour wet to a paste in cold water and put to the cream with two teaspoonfuls of butter just as it begins to boil, and a well-beaten egg added before pouring over the oysters, is a great improvement to oysters cooked in this way. Cold-slaw, chopped pickle, chow-chow or grated horseradish should be served with fried oysters, unless they have a cream dressing.

TO FRICASSEE OYSTERS.

Warm them through in their own liquor, but do not let them boil. As soon as heated, pour into a colander or sieve to drain, but do not throw away the liquor. While the oysters are draining, put a heaping tablespoonful of

butter into a sauce-pan, and as soon as it is melted and hot (be sure it does not scorch) rub in two tablespoonfuls of flour; stir smoothly, and let it cook a minute or two where it will not scorch, then stir in the oyster liquor very slowly, stirring all the time. When well mixed and almost boiling, take from the fire, stir in instantly the well-beaten yolks of two eggs and half a cup of cream. Season and then put in the oysters. Place over the fire again for a minute, just to scald but not boil, and pour over well-buttered toast, and serve immediately. Those who wish this dish in perfection must come to the table the instant the bell is rung.

OYSTER PATTIES.

Weigh out one pound of flour and three-quarters of a pound of butter; chop half the butter into the flour; beat one egg and stir in; work all into dough with ice-water; roll out thin and then spread on a portion of the butter left out; then turn the butter side in, and fold closely; then roll out again, add more butter, fold up and roll again. Repeat this till all the butter is used up; then roll up and set in a very cold place or on ice while preparing the oysters. Strain the oysters, to free them from any bits of shell, and set them in a milk-boiler or some kettle that you can set into a sauce-pan of boiling water to prevent them from burning, and just liquor enough to keep them from sticking. Skim carefully as soon as they come to a boil; stir in a little butter and pepper; and, if most of the liquor added has boiled away or been absorbed, add a little thick, rich cream. Roll out the puff paste quickly and lightly, and line some small tins with it. Put three or four oysters in each tin; dip in as much of the liquor as the tin will hold without boiling over; then cover with a top crust of paste. Bake twenty minutes in a quick oven. While hot, if desiring to glaze it, wash the top with a lightly beaten egg and set back in the oven a minute or two.

LOBSTER SAUCE.

Cut the meat of the clams and tail of a boiled lobster into small dice. Put an ounce of butter into a sauce-pan, and when it begins to bubble stir in half an ounce of flour; stir them together for a few moments, add a pinch of the lobster coral (dried and pounded), a gill of boiling water, cayenne pepper, salt and lobster dice. Stir until perfectly smooth and just about to boil, then remove instantly.

MOCK OYSTERS.

Grate enough young green corn to fill a pint measure, add to it two tablespoonfuls of butter, the yolks of four eggs beaten smooth, and enough flour to make a stiff batter; season the batter with salt and pepper, and drop it by the tablespoonful into smoking hot fat; as soon as the mock oysters thus

formed are light brown, take them out of the fat with a skimmer, and lay them on brown paper for a moment to free them from grease; serve them on a napkin.

CLAM CROQUETTES.

Put two quarts small clams into a very clean sieve or colander; then put to them one ounce of butter, a little white broth, white pepper, and a *very* little mace. Strain and set aside the liquor drained from them. Fry a soup-spoon of shallots a light brown in two ounces of butter, and add to it one ounce of sifted flour; rub it into the shallots till very smooth, then add a pint of the liquor from the clams. Let it boil five minutes, stirring it all the time. Beat the yolks of four eggs, add a little parsley and red pepper, and stir into this, with the clams chopped very fine. Boil two minutes longer, stirring all the time. Take it from the fire. It will by this time be quite like dough. Squeeze in the juice of half a lemon, and turn into a dish to cool. When cool, strew pulverized crackers on the table, divide the dough into sixteen pieces; dip each piece into a beaten egg, then roll in the cracker-crumbs, and fry a nice golden-brown. Drain, as fast as cooked, on a cloth put over a hot dish. When all are fried, place in a circle on a hot dish, with fried parsley in the center, and garnish with quarters of lemon, and serve.

SCALLOPED OYSTERS.

They can be cooked all in one dish, or on clam-shells, or large oyster-shells, very thoroughly cleaned. If cooked in shells, roll them in cracker-dust, or place a thin layer of cracker-dust on the bottom of the shell, then two or three oysters, then another sprinkling of cracker-dust, just a shake of salt and pepper, and a little butter, then two or three more oysters with a little of the liquor each time. When thus prepared, they should be put into a hot oven, and as soon as they become hot and plump, they must be instantly taken up. The great danger in preparing scalloped oysters will be in cooking them just a little too much. That is what maks them dry and tough.

If preferred in one dish, which we think much the best way, the bottom of the dish should be well buttered, and the cracker-dust or crumbs sprinkled over. Then warm the oysters for a moment, not long enough to heat them hot, and in their own liquor, and take up with a spoon, and with a very little liquor, and arrange evenly over the cracker-crumbs. Sprinkle over a very little salt, pepper and bits of butter, then sift over more cracker, and add another layer of oysters with seasoning and plenty of butter, and repeat till the dish is full, covering last with cracker-crumbs, and put a star of whole oyster-crackers in the center of the dish and a row round the edges. Bake in a moderate oven.

STEWED TERRAPIN.

Put them in boiling water alive, and let them remain until the claws become soft; after they are cool, open them and pick out the meat, being careful not to break the gall; use only the meat and liver and claws. To one large terrapin, the yolks of three hard-boiled eggs, mashed fine with one tablespoonful of flour, a little cream, salt, pepper and wine to taste. Put into a clean tin-pan not quite a quarter of a pound of butter, let it melt, not allowing it to get brown; put in the terrapin (nicely picked); when warmed through, pour in the dressing. Let it boil up once or twice, and it is finished.

CARVING.

It is not a difficult thing to learn how to carve, and to serve out the food after carving in the best and most acceptable manner; and yet it is a duty—an accomplishment—very sadly neglected. Our young people are not taught by home example to look upon it as a matter which requires any thought, or as an art to be secured by careful adherence to well-established rules. At home they too often see the food severed somehow, no matter whether in chunks or slices, or torn off in jagged morsels, any way so that the work of dismemberment is speedily accomplished, all at the table served and ready to "fall to" without ceremony.

Now, some persons, in robust health and with digestion entirely free from all squeamishness or fastidiousness, may sit at a table served in this rude, rough way, enjoy the food and feel no disposition to criticise the manner of the service, but they have attained a degree of indifference that is not creditable or at all a matter to boast of. To be indifferent to or content with such service may be an evidence of strength, endurance or stoicism, but it seems to us only a short remove from barbarism.

Many feel it necessary that the carving and serving should be well done when they have company, but of no sort of consequence when only wife and children are around the table. This is a great mistake, and love should teach every one why the home-table ought to receive the choicest and most careful service of all.

Good and skilled carving, once fully understood, is the best economy—a great saving of time and food—because, when well done, no time is wasted in many ineffectual attempts to hit a joint, or cut out certain portions without tearing off an amount of skin or gristle very undesirable; and most of the meat can be used, when taken off scientifically, which would otherwise

be left hanging on the bones or attached to such bits of fat or gristle as are not thought suitable for use.

It is equally desirable that a lady should be an expert carver as a gentleman, and with the same amount of instruction any lady can do it as easily. There are a few simple rules that should be observed by all, and others that become evident by practice and experience; and we confess that there are some rules laid down in fashionable cook-books that are not approved by good common sense, and some can be accepted or rejected as shall best suit the comfort or convenience of the carver. It is laid down as a rule by many that one must not stand up when carving. If a person is tall, or the chair at the head of the table is quite high, there is no doubt that it may be a more graceful, quiet way to keep the seat while carving, especially when that which is to be served is small, requiring very little dexterity. But where there is a large piece of beef or mutton, a ham or turkey, or several chickens to be served, it is certainly easier, and to our eye more graceful, to carve standing. One has freer movement of the arms, and therefore more strength and elasticity in their use. To serve out the meat carved before taking the seat is more expeditious, and in both operations one is less liable to soil the table-cloth around the platter if he serve out the various portions while standing. This is one of the cases where, if fashion and common sense come in collision, we think the latter will conquer.

Make sure that the carving-knife is well sharpened. A long, thin blade is very necessary for large joints, for ham or turkey; a short, narrow, thin-pointed knife should be used for chickens or wild-fowl. There are many kinds of knife-sharpeners. Let each one choose such as he can use with the best effect, and then be sure that the knife is keen before commencing the work.

Fowls should be placed on the platter with the breast uppermost. Put the fork into the breast so that it feels firm in the hand, and take off the wings and legs first without turning the fowl; then cut out the "wishing-bone" or "merry-thought" so as to leave the well-browned skin over it, and as much of the white meat as naturally belongs to that portion. Then cut off the side-bones, and cut the carcass which is left in two, from the neck down, leaving the rump on one part, ready to be served in a separate portion if desired, for it is a very rich morsel and much fancied by many. Now take off the second joint from the leg, and joint the wing—of a turkey always; and we prefer also to do so with all fowls, as they are so much more easily picked on the plate when thus thoroughly dissected.

A sirloin of beef should be placed on the dish with the tenderloin underneath. Thin-cut slices should be cut from the side next the carver first; then turn over the piece and carve the tenderloin. The guests should be helped to a portion of both.

Ham or a *leg of mutton* should be carved across the middle of the bone first,

and then from the thickest part till it becomes gristly and only fit for chopping for sandwiches. Some nice slices can be cut from the smaller end, but be careful not to go close enough to get the hard, stringy parts.

Cut a tongue across, not lengthwise. The middle and thick parts are the best. That near the tip is harder, and should be chopped fine and used with sliced hard-boiled eggs for sandwiches.

In a *forequarter of lamb*, separate the shoulder from the ribs, then divide the ribs neatly.

To carve a *loin of veal*, begin at the smaller end and cut the ribs apart. Cut off a piece of the kidney with the fat, and when serving, help each one to some, if you find it desirable.

A fillet of veal should be first cut from the top, helping each to some of the dressing, if agreeable.

In a *breast of veal* the breast and brisket must be separated, and then cut them in neat pieces, helping to each, if preferred.

When a *roast pig* is sent to the table, it is much better to take off the head before serving; for to many persons it is exceedingly disagreeable to have the pig come to the table with his head on. Cut off the legs, joint at the knee, and divide the ribs; serve dressing to each plate.

In carving a *leg of venison*, cut deep down to the bone, that the juices may run free, then turn the broad end toward you, cutting large, thin slices.

In carving a *saddle of venison*, cut from the tail toward the upper part, on each side, thin, even slices. Plates should be well warmed for venison and mutton; and we think it desirable for all meats, summer or winter, that they should always be brought to the table warm.

MEATS.

We wish to call the attention of young housekeepers to the importance, as a matter of health as well as comfort, of cooking meats in the best possible manner.

In *boiling fresh meat* of any kind there should be always sufficient water to entirely cover the meat, and to last until the meat is satisfactorily cooked. The water should always be boiling hot, and the vessel in which it is cooked so large that the meat will not touch the sides; giving room for the water to entirely surround as well as more than cover it. Keep the lid on, closely covering the kettle, and it will require less time and fuel to cook the meat. There is no need of removing the cover at all, except as it may be desirable now and then to look in and see that the water is not wasting too fast, and to remove the scum. When possible, use soft, filtered water. By putting

meat into boiling water one secures more of the juices and rich flavor of the meat. If boiled too fast, the meat will be hardened in cooking, and no boiling will make it tender. Let the water be boiling, not scalding hot merely, when the meat touches it; then remove the kettle from the hottest part of the stove to where the temperature will not rise above 190°; keep it at that heat, and let it simmer till done. Half a cup of cold water poured in four or five times during the process of cooking the meat will help the scum, or coagulated blood, and all impurities to rise. This scum must be very carefully and thoroughly removed as it rises.

Fresh meat will need longer time to boil than that a day or two old; a little more than a quarter of an hour to every pound is usually long enough. Never take up the meat with a fork, because, by thus piercing it, much of the juice and flavor flow into the liquor, making the broth (which should always be saved for soup-stock) richer, to be sure, but detracting from the richness of the meat more than is desirable. A stout twine should be tied around the meat when first put into the water, and it can be lifted from the kettle, when done, by this string; a loop on the end will make it easy to lift out by a large, iron fork. Do not add the salt to boiling meat until more than half done. The meat will be tenderer and juicier for leaving the seasoning until the last.

For *stews*, stone jars are much better than metal kettles or sauce-pans. The old brown or red earthen jar does not stand heat as well, and is also unsafe from the lead used in the glazing. This glazing is easily cracked by the use of salt, and thus the lead will be brought in contact with the contents of the jar; the stone jar is not injured by heat, which it retains longer than metal, and is readily cleaned. The lid should be fitted tightly, so as to prevent escape of steam.

In buying meat for a stew, choose that which has been carefully dressed and free from blood. Put into the sauce-pan or stone jar boiling water—a quart to a pound of meat will make the liquor very rich. That is no fault; still, if richer than is liked, it can be weakened by adding a little boiling water when the salt is added; that is, when the stew is two-thirds done, about a teaspoonful of salt to a quart of liquor. Bring the water gradually back to the boiling point after the meat has been put in; of course, at first, the cold meat lowers the temperature. As soon as it boils, remove all scum that has risen; set the jar back where it will simmer and not quite boil, and let it remain in this state till the liquor is thoroughly filled with the flavor of the meat. Skim often and quickly, till no more scum rises; cover steam-tight immediately. Before adding the salt, carefully remove all the fat. It is nicer to use for frying or suet puddings before the salt is added. When no more fat rises, put in the salt.

A stew is very nourishing if prepared as above, and it is one of the most economical dishes; for although it is, of course, best when made of the

choicest meat, yet any kind of meat may be used, either together or separately, as most convenient, and be exceedingly palatable. Those bits that can not be prepared nicely in any other way can, by judicious seasoning and careful stewing—keeping all the steam with the meat so that the flavor will not escape—be made into a most excellent and healthful dish. Almost all the odd bits and ends from meat which the butcher pares off, all gristly bits, shanks, knuckles and feet, can only be made fit for the table by stewing. Those pieces require longer time to cook tender than many other pieces; but a sensible woman, with any tact for good management, will put them on the stove as she goes about other work, and with very little care convert them—with a proper proportion of vegetables and judicious seasoning—into a most nutritious and attractive dish, more enjoyable than some of the more expensive joints.

Housekeepers who are obliged to study economy will do wisely to watch the markets for many articles which will otherwise go to waste, but which, if she has skill and intelligence, can be prepared so as to be preferable, under the circumstances, to that which would cost much more money. Bones, for instance, which can be bought for five cents, contain much that is exceedingly nutritious. They should be cracked into quite small pieces, so that all the richness may be obtained. Just before a dish prepared from such materials is done, vegetables of all kinds can be cut small and added; carrots, turnips, cabbage, parsnips, onions, celery, beets, vegetable marrow—all of these can be used in a stew with excellent effect, or, if preferred, may be cooked in a separate dish.

BAKED MEATS.

No oven can ever bake meat that will at all compare for deliciousness with that which is roasted; but many stoves are so made that roasting is impossible, and the "roaster," "the spit and screen," "the bottle-jack and screen," are terms not understood by many of the housekeepers of the present day. We are, however, rejoiced to see that most of the new patterns for stoves and ranges can be used for roasting without the use of any extra fuel. The necessity for economy in fuel has been the chief reason why meats are now more frequently baked than roasted. A good, clear fire is necessary, and so substantial that it will not need replenishing till the meat is done. The thickest part should be hung downward, and near, and a little below, the center of the fire. The meat must be trimmed neatly before being put on the spit, and be skewered to the spit firmly, so that it will hang well balanced; then place the jack or roaster about twelve inches from the fire. Have in the bottom of the dripping-pan plenty of melted beef-drippings—or half butter and half drippings—a little water put on first to prevent scorching. As soon as the meat is ready for the fire, and the drippings hot, baste the meat very thoroughly, and renew the basting every fifteen minutes.

Twenty minutes to the pound is a good rule to go by in roasting. When half done, put the roaster a very little nearer to the fire, and dredge lightly with flour all over. Paper should be tied or skewered on over the fat when first put to roasting, but removed when the flour is first used. About twenty minutes before it is done, take the roaster back from the fire, stir the fire to a fierce heat, dredge on a little more flour, baste five minutes after. Ten minutes before the meat is done, drain off all the drippings, so as to allow no salt in them, and then salt the meat. No salt should have been used before. Then set close to the fire, dredge on a little more flour lightly, and do not baste again after the flour is on. When it seems well done, press the thumb on the lean part; if it yields easily to the pressure, or if the meat steams toward the fire, that is satisfactory evidence that it is done.

The same rules for roasting apply to all meat or game. Be sure and have a screen round the roaster. Heat reflected from bright metallic surfaces will not dry or scorch the meat. Keep a square of oil-cloth or heavy paper around the roaster to the floor to keep the hearth clean. We give four rules for broiling:

1. Be sure that the gridiron is perfectly clean, and the fire quite clear and free from smoke; not built any higher than the top of the fire-bricks or lining.

2. Turn the meat quickly and often, and thereby prevent wasting the juice or scorching the steak.

3. Keep the platter on the side of the range, that the steaks may be taken to table quite hot, buttering each piece as it is laid into the platter.

4. The salt and pepper should be sprinkled on the last thing before the meat is taken from the fire.

Bread and meat should be among the simplest and least difficult articles of food to cook, but for lack of care or through unpardonable ignorance they are the most frequently spoiled. For the present we only propose to speak of meats.

Where there are no reasons for stringent economy, and the choicest pieces are selected, there is no excuse if they are not so cooked as to give the highest gratification. For those who are compelled to choose the cheapest, not the best, there are many ways by which a little skill and a fair amount of good common sense can make even the poorer portions quite satisfactory. Indeed, sometimes the cheapest cuts give more pleasure than the choice joints that wealth provides, because the one is daintily dressed and finely seasoned, carefully cooked to a turn, and its plebeian origin skillfully covered by a good farmer's sensible wife, and the other ruined by the reckless carelessness of the expensive cook whom no one dare censure or direct.

Attention to the art of seasoning, a fair knowledge of the modes of making tough beef tender, nutritious and palatable, are important items in domestic

education. Many housekeepers are very careless in giving their directions, or in their own use of seasoning, and thus often spoil what might have been delicious. We say "careless," but too often it is the result of ignorance. The injudicious use of salt, pepper and herbs has ruined many a meal that should have been most excellent, and added the torrents of dyspepsia, the usual penalty for such ignorance or misuse of seasoning.

It is a common practice of cooks, and often of those who are called good housekeepers, to sprinkle salt over meat when just ready to be put over the fire. Now, to salt any meat before it is well heated through—or, better still, half cooked—will injure very materially the best ever sold in market, and certainly quite spoil a poor article, no matter whether it is steak, roast or stew. It will harden the fibers, toughen the meat all through, extract the best part of the juice, make it very injurious to the stomach, and give no pleasure to the palate.

If a housekeeper thinks she can explain to her cook the effect this mode of seasoning will have on health and comfort, and then feel that her part of the care is over, she will make a great mistake. Unless a proper supervision is steadily practiced, she will soon learn that explanations, and even strict injunctions, are usually disregarded. The salt will still be thrown over the meat before it is at all cooked—perhaps because the girl wants it "off her mind"—and, as the result, a poor, indigestible mess of meat is set before the family. Should any one venture to complain, the mistress has any number of excuses at her tongue's end. Upon the butcher or cook, or both unitedly, is thrown the whole burden of blame. But, in truth, the chief fault rests with the housekeeper; for with her alone lies the whole responsibility. It is her own business to see that her instructions receive respectful attention, and that her orders are promptly and scrupulously obeyed. Simply to give the order is of little avail. One failure should suffice to teach the mistress that her careful supervision will have more effect than a hundred messages through the speaking tube or verbal directions.

It is difficult to impress upon cooks or careless, incompetent housekeepers, the simple rule that salt should not be used in seasoning meat or poultry until partly cooked; and, on the contrary, that pepper and herbs, if used, should be added at an earlier stage; because all such seasonings release the best part of their flavor more readily by the action of heat, though not at so intense a degree as to evaporate, and thus lose the most delicate part of their flavor.

Rapid cooking and intense heat are as injurious to the meats as to the seasoning. Long, gentle cooking—simmering—is best for even the choicest meats, except in broiling. Pepper, spices, herbs, if used, penetrate all through the meat when cooked slowly; but the best flavors evaporate under rapid cooking. A poor, cheap, tough piece of meat is hardly eatable, certainly not digestible, unless these precautions are strictly observed; but it

can be made wholesome and delicious if they are properly understood and remembered. The French understand the power of slow cooking to preserve all fine flavors. If they had not such great fondness for garlic, theirs would be the perfection of meat-cooking.

MEAT-LOAVES, OR MEAT-CHEESE.

Get a few pounds of beef's-neck, or such bits of meat as you have in the house, an ox's liver, heart, and, if you please, a tongue, as that makes the cheese much finer, and add half a pound of good salt pork. Boil all together till tender. Pick out all gristly, hard parts, then chop what you have thus selected very fine. Add salt, pepper, and such savory herbs as are desirable. The exact proportions can not be given to suit all; and therefore it is better, when all is ready and thoroughly mixed, to take out a spoonful and taste it, adding to the seasoning what is thought necessary. It is usually better relished if pepper is used freely. Stir all well together and make into a ball. Tie it up strongly in a clean, thick cloth, and put it under a hard pressure. If one is so fortunate as to have an old-fashioned cheese-press hid away, it can be made very useful for such preparations. Leave it under pressure in a cool place for some hours—five or six—till firmly pressed into shape. Keep it cool, and it will make a fine relish cut in slices for tea. A few hard-boiled eggs, sliced and laid into this cheese before putting into the press, greatly improves it. If properly prepared and put under sufficient pressure, it will make a solid loaf.

A veal-loaf, or cheese, made in a similar manner, is still better, we think; but that is a matter of taste.

Or, instead of the liver, etc., bone a loin of veal and stuff with a force-meat made of finely minced ham, bacon and some bread-crumbs. Beat three eggs and add to the force-meat. Chop or grate a little lemon-peel; add a very little of sweet marjoram, thyme and sage; only a very little of each; salt, pepper and a very little cayenne, and a slight sprinkling of powdered mace and cloves. After the stuffing is carefully put into the loin of veal and securely fastened, tie up the veal in the shape of a large sausage; tie over it thin slices of bacon or salt pork, put it into a pot, cover with well-seasoned and rich stock; cover up closely, and stew gently four hours. Do not let it boil hard at any time, only simmer. When done, let it cool in the stock, and when partly cold remove it; put it under a heavy weight for some two or three hours, then glaze with part of the stock in which it was cooked; reduce the rest of the stock to a jelly, and pour round the loaf.

This is an excellent loaf or cheese for lunch, tea or picnics, and a good mode of using up inferior pieces of meat.

MEAT COLLOPS.

Any part of beef that is tender will answer for collops. Cut the beef into pieces three inches long and one inch thick. Pound them flat. Sift flour over, and fry in butter. Then lay in a stew-pan. Cover with brown gravy, mince half an onion fine, add a lump of butter the size of a hen's egg, rolled in flour, a little pepper and salt. Stew slowly. Do not let them boil. Serve in a tureen very hot, with pickles, or squeeze in half a lemon according to taste.

MEAT FRITTERS.

Mix a heaping teacupful sifted flour into a smooth batter with a teacupful tepid water, a tablespoonful melted butter, and the well-beaten yolks of two eggs. Make it a little thicker than for griddle-cakes. Half a teaspoonful of salt should be sifted into the flour. Set this aside, when smoothly mixed, for several hours. It will be all the better if set aside over night. When ready to use, beat the whites of the two eggs, first sprinkling over them a very little salt, and, when well beaten, stir them lightly into the batter. Lay the slices of meat to be cooked into this batter. Have a kettle of lard ready, boiling hot. Then lay the slices of meat, well covered with batter, into the boiling lard, and cook until nicely browned and done. Be careful that the pieces do not touch each other when cooking. Turn over so as to be well done on both sides. The meat should be cut thin, else the batter must cook too long. When done, take them up carefully with a skimmer, and lay on a plate, with pieces of paper under them on which to drain. Skim the lard when each mess is taken out, so that no sediment may be floating on top to settle on the fritters.

Boiled or baked meat, or cold ham, is nice prepared in this way; but uncooked meat, if cut thin, is excellent. The lard should be strained each time before setting away, and then it will answer for several times.

WESTPHALIA LOAVES.

Grate a quarter pound of uncooked ham, and mix with one pound grated potatoes, raw, but of a mealy nature; add two tablespoonfuls of butter, two of cream and two eggs well beaten. If this quantity does not make it moist enough, add more cream and one more egg; but the mixture must not be too moist. Beat all well together till very light, then make into small balls, and fry in hot lard till a light brown. Serve with brown gravy, quite thick, and garnish with fried parsley.

TRIPE STEWED WITH TOMATOES.

Scald for a moment the tomatoes, eight or ten to a pound of tripe, remove all the skin, put them into a porcelain stew-pan with a spoonful or two of

water. Let them simmer slowly while the tripe is being prepared. Put to the tomatoes one chopped onion or two small ones, pepper, salt, and two tablespoonfuls of butter and two tablespoonfuls of sugar, with one tablespoonful of fine bread-crumbs. Fry the tripe in a little sweet lard, or half butter and half lard, which is better, salt and pepper to taste till the tripe is of a delicate brown, then cut it in small bits, put into a clean stew-pan, add some rich stock, or, if none, water, with two tablespoonfuls of sweet butter. Just as it begins to simmer, dredge over some flour, little by little, until the gravy is thickened, then pour in the stewed tomatoes, stir all well together; let it boil up two or three times, stirring all the time, and send to table hot.

BEEFSTEAKS WITH TOMATO SAUCE.

Take a dozen and a half tomatoes, scald and skin them, then stew them slowly in a half pint of good beef-gravy; season and add one onion cut up fine—if liked. Stew for one hour. When done, broil a nice steak very carefully and quickly; and as soon as done, put it into a hot platter; spread butter over it, season with salt and pepper, and then pour the sauce boiling hot over the steak, and serve hot.

Or, prepare *beefsteak with oysters.* Strain thirty oysters; boil the liquor, skim well; when clear from all scum, drop in the oysters, just as the liquor comes to a boil. When the gills have turned, stir in two tablespoonfuls of butter rolled smooth in one tablespoonful of flour with sufficient pepper and salt. Have a nice steak, well broiled, on a hot platter, with a spoonful and a half of butter spread over it. Pour the oysters, as soon as done, over the steak, and serve hot.

BEEF-TONGUE (FRESH).

Parboil the tongue in a little water for two hours. Don't let it boil hard. After boiling one hour, add some salt. Then let it boil one more hour, when it should be taken up and skinned, removing all the rough part. Then beat one egg, and roll the tongue in cracker-crumbs or dust and the beaten egg. Lay it in a pan, season with salt and pepper, and pour over it half a pint of the water it was boiled in, and bake. Baste well with butter while baking. Serve with a good gravy.

A STEW FROM COLD MEATS.

Get a knuckle of veal and put with it a ham-bone and any bones of roast meat of any kind. Stew slowly till the bones can be easily removed. Then put to the meat celery tops or seed, onions, and pepper and salt. Thicken with flour rolled in butter. Add six or eight good mealy potatoes, peeled and quartered, and let it all stew slowly till the potatoes are done. Serve hot.

CABBAGE-LEAF DOLE-MAH.

Take some fine, large cabbage-leaves, and *wilt* them; chop one cupful of raw beef very fine, one small onion chopped fine, one large ripe tomato, quarter of a cup of uncooked rice, and a little salt. Roll very closely one-half tablespoonful of this mixture into a piece of the wilted cabbage-leaf; fold in the ends of the leaf closely, so that none of the contents can escape. When all the mixture has been thus rolled up, in small balls, place in rows in a flat-bottomed sauce-pan, with a little water in the bottom, at first. Leave the sauce-pan uncovered, let it stand and simmer fifteen minutes, then add more water, and cover up closely; and boil slowly, but not over a fierce fire, one hour.

SPICED CORNED BEEF.

This is a fine relish, and very easily prepared. Get ten pounds of the best beef, that which is used for drying—the "rump" or "round"—is the most desirable. Mix two cups of salt, two of molasses, two tablespoonfuls saltpeter, one tablespoonful ground pepper, one of ground cloves, half a tablespoonful cinnamon, and a teaspoonful and a half of red pepper, and, if fancied, half a tablespoonful of allspice and a slight sprinkling of herbs (a little sage, thyme, and sweet marjoram), not more than half a teaspoonful of each. Stir all together, and rub well into the beef. Let it stand in whatever liquor is left from the first rubbing, twenty-four hours, then turn over and rub in the seasoning again. Continue this for ten days, when it will be ready for use.

TO CURE AND DRY BEEF-TONGUES.

Prepare a brine as follows:

For one dozen tongues take as much water as will cover them entirely—six quarts will be about the right quantity. Put to the water one quart of good, clear salt, one pint of molasses, one pound of brown sugar, and four good-sized red peppers. Put over the fire, and bring to a boil. Take off all scum that may arise, and set it aside to get cold. Pack the tongues in a large jar or tight firkin, and pour the brine over them when thoroughly cold; put on them a clean, well-seasoned board, fitted into the jar or firkin, and on top of the board lay a clean, smooth stone, sufficiently heavy to keep the tongues firmly under the brine. Leave them in it twelve days, then take them out, hang them up to drain. Then hang them to smoke two days, and, when dry, put them in canvas-bags or flour-sacks, that, after being emptied, have been washed, dried and laid away for just such purposes. Hang these bags with the tongues in a cool, dry place, where the sun will not strike on them.

When one is needed for use, wash in two or three waters, put over the fire

in cold water, and let it boil slowly, or in a steady simmer, six or eight hours, till quite tender, keeping it well covered with water while cooking, adding boiling water when the first boils away. When tender, take it out, set aside to cool, but never take off the skin till needed for the table.

Never allow salt meats of any kind to boil hard.

FRENCH BROILED STEAK.

Cut the steaks two-thirds of an inch thick from a fillet of beef; dip into melted, fresh butter, lay them on a heated gridiron and broil over hot coals. When nearly done sprinkle pepper and salt. Have ready some parsley, chopped fine and mixed with softened butter. Beat them together to a cream, and pour into the middle of the dish. Dip each steak into the butter, turning them over, and lay them round on the platter. If liked, squeeze a few drops of lemon over, and serve very hot.

BEEFSTEAK ROLLS.

Cut a beafsteak quite thick, then split it open, lengthwise, and cut in strips four or five inches wide, rub over the inside with an onion, and in each strip roll up a thin slice of bread, buttered on both sides; stick two cloves in the bread, and sprinkle some salt, pepper, celery-seed (cut or thin slices of nice celery-stalk if in season) and put into the gravy. Tie each roll with a thread; dredge it with flour, and fry in hot butter. Then put these, when a delicate brown, into a stew-pan, with only water enough to stew them. Make a nice thickened gravy from the liquor in which the steaks were stewed, and serve with the rolls, very hot. The rolls should stew slowly two hours. Veal or mutton is good prepared in this way.

TO WARM UP COLD MEAT.

First make a puff paste, as follows: Boil and mash four good, mealy potatoes; beat up three eggs lightly—two will answer—and mix with the potatoes; beat together thoroughly; add, gradually, one cup of milk, and enough flour to make it stiff enough to roll out into a sheet. Cut the paste in squares, and in the center of each put a thin slice of beef or mutton, season with pepper and salt (be careful and not use too much), and spread over a very little mustard or catsup. Then place on top a thin slice of ham, of the same shape and size as the meat. Fold the paste into a triangular turn-over, stamping the edges deeply with a jagging-iron to keep them close. Then fry in butter or beef-drippings to a nice brown. Be careful not to scorch them. When done, lay on white paper a few moments to absorb the grease, and serve hot.

TO BROIL SWEET-BREADS.

Soak an hour in salt and water. Drain. Parboil, then rub well in butter, and broil. Turn often, and each time they are turned, roll them in a plate of hot melted butter, so they need not become hard and dried.

DRIED-BEEF UNSMOKED.

This is often inquired for at grocery-stores, but we have never been able to obtain it but in one place, and presume it can be obtained there still. Carlos L. Smith, Main Street, Montpelier, Vermont, did have such an establishment eighteen months ago; and in all probability Vermont sugar-cured dried beef, unsmoked, can be obtained there still, It was advertised as "a specialty," and we found it exceedingly nice.

TO PREPARE AND BOIL CORNED BEEF.

Select a nice piece of fresh beef, rub over it sufficient salt to "corn" it, but not to make it very salt. Let it stand two or three days, judging of the time by size of the meat. Then wash thoroughly in cold water, and putting in the pot, cover with cold water and boil gently till quite tender. Add such vegetables as are desired, like the old time-honored "boil dish." Judge of the quantity of vegetables by the strength of flavor desired in the soup to be made from the water in which the whole is boiled. When done, dish beef and vegetables, and serve hot.

BUBBLE AND SQUEAK.

Cut two pounds of cold meat in neat, thin slices; lay them in a stew-pan with an ounce of butter, and brown them. While the meat is browning, chop one head of tender cabbage, leaving out all the hard stalks. Put the cabbage with two ounces of butter in a sauce-pan, add a teaspoonful of salt and a little pepper, black or red, as suits the taste. Let it cook slowly till quite tender, stirring occasionally. When both the meat and cabbage are done, lay the beef in the center of a hot dish, and place the cabbage neatly around. Send to table hot. You see a foolish name is given to a very simple dish.

TO GRILL A SHOULDER OF LAMB.

Put it in a close steamer, and let it steam till half cooked. Then season with salt and pepper, brush over with beaten egg, and cover with finely rolled bread-crumbs or cracker, and put on a gridiron and broil over a slow fire till of a rich brown. Be careful not to scorch. The breast of lamb is excellent cooked in this way.

Scorching spoils it, or any broiled meat. If the coals are kept no higher than the fire-bricks, there is no danger of scorching; but almost impossible to avoid it if the fire is above the bricks. The instant a blaze

springs from the dripping fat, lift the gridiron a little above the range, till it goes out. A blaze under broiling meat gives a smoked taste, even if it does not scorch it.

CURRIED CHOPS, WITH RICE.

First wash a quarter of a pound of rice several times in cold water; then put it into a quart of boiling water, with a scant tablespoonful of salt, and boil very fast twenty minutes. Shake it out into a colander to drain. Fry brown two pounds of pork-chops, cut from the loin, in a little butter, drain off all the grease, and then pour over the chops half a pint of Spanish sauce, and a tablespoonful of curry-powder, wet up in two tablespoonfuls of cold water, and mix very smooth. Put them in a wreath on a hot platter, pour the sauce over the bottom of the dish, and fill the center with the rice, which should be kept hot while draining.

To make the Spanish sauce: Fry one ounce of bacon or ham, cut up in very small bits, in an ounce of lard; as soon as brown, put to it two ounces of carrot and the same amount of onion sliced; then stir in two ounces of dry flour, and brown well; then add one quart of stock, or if none on hand, use one quart of water and a pound of lean meat, chopped very fine. Season with a teaspoonful of salt and half that quantity of pepper, and a bouquet of sweet herbs. Simmer gently for an hour, skimming as often as any scum rises. Then strain this sauce, adding a gill of wine.

To be used to season any dark meat, or game, or baked fish. It will keep a week or ten days in a dark place.

To make a bouquet of sweet herbs, so much called for in foreign cooking, take three or four sprigs of parsley, lay in the midst one sprig of thyme and two bay-leaves; after washing them free from dust, fold the parsley over the thyme and bay-leaves, and tie it into a cork-shaped roll, about three inches long and one inch thick.

This bouquet is used to season soups, sauces, stews and savory dishes in general, and is removed when the dish is served.

DEVILED KIDNEYS.

Wash a pound of sheep or lamb kidneys—some use pig's kidneys, but we don't like them—dry them on a towel, and split them open, without entirely separating the two halves; spread them thinly with a paste made by mixing together one tablespoonful each of dry mustard, flour and vinegar, one saltspoonful of salt, quarter of a saltspoonful of white pepper, and a dust of cayenne pepper, and broil them over a brisk fire until they are brown.

BROILED KIDNEYS.

Wash and dry the kidneys. Dip them in a seasoning made with three tablespoonfuls salad-oil or melted butter, one tablespoonful vinegar, a

saltspoonful salt, and a half-saltspoonful pepper. Run a skewer through them—when they have been well dipped in this mixture—and broil over a clear fire, but not too hot, till of a clear brown. Hold the inside first over the fire.

CHROMSKIES.

A lady writes: "I was offered a dish at a restaurant lately, named *chromskies*; but the name was so outlandish, I was unwilling to taste it, yet am curious to learn how it was made, or what it is like."

No one need fear to taste any dish with a foreign name, unless oil, which is put into most foreign dishes, is disagreeable. At a French restaurant one may reasonably expect that oil will be largely used in the cooking; but an "outlandish name" is not, of necessity, any thing uncommon—only a foreign name to a simple dish, to make the "bill of fare" look genteel. To make *chromskies* chop three cupfuls of cold fowl in small dice, cut one onion fine and fry in a stew-pan, with two tablespoonfuls of butter, till of a deep yellow or golden brown, then add two tablespoonfuls of flour, stir to the onion and butter two minutes, and then stir in one cup of boiling broth or stock; then add the chopped fowl, two-thirds of a cup of ham, chopped fine, a spoonful and a half of chopped parsley, a saltspoon of powdered thyme, the same of celery-salt, the yolks of two eggs well beaten, half a cupful of mushrooms, with salt and pepper to season to the taste. Stir together over the fire a few minutes, till all is thoroughly mixed, then set it away to cool and grow firm. When ready for use, turn out of the dish, cut in neat slices and dip in common batter, then fry in hot fat five minutes. The chicken and ham should be all ready, the eggs beaten, and all the ingredients close at hand before the onion is put to fry.

For the batter in which to dip the slices when cold, take one cupful of flour, half a teaspoonful of baking-powder, a little salt, two eggs, one cupful milk, and a tablespoonful melted butter. Mix into a batter as for griddle-cakes. If you wish the dish to be French, use a tablespoonful of sweet-oil instead of butter.

ROAST VENISON.

Select a saddle of fresh, juicy venison weighing about eight pounds. Season with pepper and salt, lard it with strips of fat pork, or put plenty of butter cut into small pieces over the top. Dredge it with flour, sprinkle a little water over it, and put it into a hot, steady oven, with hot water in the bottom of the dripping-pan. Bake it according to the directions given for roast-beef. It will take about two hours to cook it. A haunch of venison may be roasted the same way, but three hours will be required to cook it. It is usually covered with a thick paste of flour and water before putting it in the oven. The neck and leg of venison may also be roasted according

to the directions given. If liked, venison may be basted occasionally with claret. Always serve it steaming hot, with hot plates. Serve with it currant or wild-grape jelly.

VENISON STEAK (FRENCH BROILED).

Put a thin spider over the fire, and let it get very hot, then put in a very thick venison steak nicely trimmed. As soon as it browns a little on one side, turn it. Keep turning it frequently until it is sufficiently cooked. Then add half a tablespoonful of butter, some pepper and salt, half a gill of port-wine, and a tablespoonful of currant-jelly. Turn the steak over and over in this mixture, then serve it at once. It is better if cooked at the table in a chafing-dish.

SWEET-BREADS.

Soak two sweet-breads in cold water for one hour; change the water twice; put them in boiling water ten minutes till they are firm, then take them out and place them in cold water until wanted. Place them in a stew-pan, cover them with stock, and simmer nearly an hour; take them out, put them on a hot dish, remove the gravy from the fire in a minute, and add to it gradually the yolk of an egg and four tablespoonfuls of cream; put this over a fire till the sauce thickens, but do not let it boil. Before serving, add the juice of a lemon, pour the sauce around the sweet-breads, and send to table with a dish of green pease. They may be cut up and fried after dipping in egg and rolled in crumbs.

LARDED SWEET-BREADS WITH PEASE.

Soak the sweet-breads in cold water one hour, change the water, and soak half hour longer in cold water, with a little salt to extract the blood and make them white. Then wipe dry on a clean meat cloth, and with a larding-needle draw narrow strips of sweet salt-pork through as many sweet-breads as you intend to cook. Let these strips project evenly, half an inch on the upper side. The pork should be well washed before cutting the strips. This done, put the sweet-breads in a skillet, with enough hot water to cover them, and let them simmer slowly for half an hour. Then take them from the water, and put into a small dripping-pan with a little butter, a gill of water and a sprinkling of flour. Set in the oven, and brown delicately; add half a cup of cream, just before taking them up. If no cream, use milk and a little butter; season with pepper and a little salt, if the pork has not salted them sufficiently. Heat half a pint of cream, and when the sweet-breads are placed on the platter, stir the cream into the gravy in the pan. Sprinkle a little more flour into the gravy before adding the cream, and let all boil up a

minute or two — long enough to thicken the gravy. Then pour it over the sweet-breads. Have the pease all ready boiled and seasoned, and put round the sweet-breads.

SWEET-BREADS WITH MUSHROOMS.

Put one and a half dozen small, fresh mushrooms into a skillet; cover with boiling water. Stew half an hour, and, while stewing, have the sweet-breads soaking in salted water. When done, take the mushrooms from the water and put the sweet-breads into the skillet; let them stew fifteen minutes, then add to them two ounces of butter, some pepper and salt, and return the mushrooms. Sprinkle some flour over all, stew fifteen minutes longer, and serve.

SWEET-BREADS WITH TOMATOES.

Slice and stew two quarts of ripe tomatoes and one onion, if liked, until they break; then strain through a sieve into a sauce-pan, and add four or five sweet-breads that have been well trimmed and soaked in warm water. Stir in two or three ounces of butter, rolled in flour, with salt and pepper, or cayenne to suit the taste, cook half an hour slowly. Just before serving, add the beaten yolks of two eggs; then take the sweet-breads up into a deep dish, and pour the tomatoes over them.

BAKED PIG.

A pig a month old is the best. Take none that are not plump and well grown. After it is properly dressed, wash thoroughly in cold water, then with soda and water, to remove any unpleasant odor; then give a thorough washing in salt and water; rinse with clear, cold water, and wipe inside. Make a force-meat with bread-crumbs, a little salt pork chopped fine, seasoned with sage, savory, pepper, salt and a chopped onion; or reject any of these not agreeable. Stuff the pig to the natural size and shape and sew it up; bend the forefeet backward, the hindfeet forward under and close to the body, and skewer them into proper position. Dry well, and dredge with flour. Put it to roast with a little hot water slightly salted in the pan. Baste with butter and water three times as the pig gradually warms—afterwards with the dripping. When it begins to smoke or steam, rub it over every five minutes or so with a cloth dipped in melted butter. Do not omit this, as it will make the skin tender and soft after it begins to brown, otherwise it will be tough and hard. Skim the gravy well; add a little hot water, thicken with flour, let it boil up once, and strain into the tureen. A *pig*, suitable for baking or roasting, must not be younger than four weeks or older than six weeks. Every day later than six weeks takes from the delicacy of the flavor, and they grow coarse and strong.

SPARE-RIB.

Rub the spare-rib with salt, pepper, and, if agreeable, powdered sage. Put into the dripping-pan with about a pint of water. Baste often to prevent drying. Cook thoroughly, as nothing is more unpalatable or unhealthy than rare-done pork.

PORK-STEAKS.

Skin them, and broil over a clear but not scorching fire, so as not to dry them. Have ready on a hot platter two ounces of butter, an even teaspoonful of salt, and half a teaspoonful of pepper and one teaspoonful of grated onion. When the steaks are done, turn them several times in this gravy, then cover the platter closely, and set in the oven a few minutes, then serve. If desired, a little powdered sage may be put to the gravy.

BOILED HAM.

Soak over night in warm water a ham of about ten or twelve pounds weight. In the morning, scrape and clean perfectly. Then put it into a large ham-kettle filled with cold water, and let it simmer, not boil at all, for half an hour. Then pour off the water, and put to it more cold water. When it gets hot, add a pint of cider vinegar. For a ten-pound ham, reckoning after it begins to boil, allow three hours for cooking, and a half an hour for every additional pound; don't let it ever boil very hard at any time. When done, take it out, remove the skin, and stick whole cloves into it, cover with fine bread-crumbs and bake a half hour. Put a cut paper frill around the bone, and cover with currant jelly and parsley.

STUFFED HAM.

Make a nice stuffing of finely-crumbed bread, season with pepper and celery-seed, and heat it with a small bit of butter. Fill the open space in the ham with this dressing, making it look like a whole ham. Smooth over the surface, and heat in the oven slowly, then bake half an hour. Then cover with grated bread, sprinkle over a little sugar, brown and serve.

SUGAR-CURED HAMS.

First see that the hams are perfectly cold after the hog has been slaughtered. When no more animal heat remains, cut out the round bone so as not to have the ham too thick; then rub well with common salt, and leave them in a large wooden bowl or small tub for three days, turning them over in the salt now and then. If left in tin it is apt to rust, and that does not make the hams look nice, and will be apt to impart a little unpleasant taste to the ham.

When the salt has extracted all the blood, throw away the brine, and use the following:

For two hams of eighteen pounds each take one pound of moist brown sugar, one pound of common salt, two ounces of pulverized saltpeter and two teaspoonfuls of fine cayenne pepper. Sprinkle over first half of the saltpeter; rub well, first with the saltpeter, then with salt; fill up the hock as full of salt as it will retain. Then sprinkle over half the red pepper and sugar. Turn over the hams, and proceed with the under side as directed for the upper. This done, and all ingredients well rubbed in, put the hams into something large enough to hold them and the liquor which will be formed. Keep them always covered with salt, and turn them over every day. After they have lain in this state three or four days, pour over them a quart of the best cider vinegar, and leave in this brine one month; turning them over often in the brine.

If they are only intended for pickled hams, not to be smoked, take them out of the brine or pickle at the end of the month, put them to drain till perfectly dry, then powder with coarse flour and hang in a dry place. The same brine will do to use again, but for the second set of hams, if cured in that pickle, there must not be so much salt used.

If the hams are to be smoked, have them well drained when taken out; hang them up for two or three days in dry weather before smoking, brushing off all the salt which adheres.

Smoke for three to four weeks. Hickory wood is the best to use in smoking meats. When done, take them down and sprinkle black pepper over them, wrap in thick paper, and then put each into a strong bag, canvas or cotton sheeting, whitewash the bag after tying in the hams, and keep them hung up in a dry, cool place until needed.

Some say that there is no better way to keep hams through the summer than to hang them in the smoke-house, which will not be needed for smoking in the summer, and keep it perfectly dark. If one has no smoke-house, hang in a dark room, putting each ham into a canvas-bag closed, sewed up, and whitewash the bag thoroughly; or rub them all over with wood-ashes, pack closely in barrels and cover with wood-ashes.

BONED HAMS.

Soak the ham all night in tepid water. In the morning put it into a kettle of warm, not hot, water, boil till perfectly tender, put on a platter or wooden tray, let it cool, and then carefully remove all the bones. Cut it clear round the hock, and loosen it from the thick part with a very thin, sharp knife, and pull out all the bones carefully. Then press it in shape, tie it or tie in a cloth, return to the boiling liquor, take the pot off the fire, and leave the ham in the liquor till cold; cut it across like a beef-tongue when cold.

BAKED HAM.

The comparative excellence of boiled or baked ham must be determined by trial, as tastes differ so widely. Be sure the ham is of the best quality, large and juicy, not too fat. A small ham will dry too much if baked. Wash the ham thoroughly, scrape off all mold that may be about the under side, then put it into a large ham-kettle, and cover with cold water, set over the fire till it is nearly boiling hot. Then pour off the water, wash and scrape again, to remove such dark moldy places as could not come off before heating. Fill the kettle again with cold water, and place again over the fire, and if not a very salt ham, the water will not need to be changed again. To be sure of this, when it has boiled a few minutes, raise the ham from the water with a meat-fork, run a "skewer" into it, and by tasting as it is drawn out one can tell if it is fresh enough. If not, change the water once more, fill up again with cold, and leave it to boil till about two-thirds cooked. Then take up, remove the skin; have ready, rolled and sifted some dried bread-crumbs or cracker; sprinkle over and rub into the ham three tablespoonfuls of sugar with some black pepper, then cover the ham evenly with the sifted crumbs. It is better to bake it half an hour before putting on the crumbs. Put it into a bake-pan without water, with a wire rack at the bottom to keep the under side from the pan and drippings, and bake slowly till the whole surface is of a clear, rich brown, about half an hour. A dozen whole cloves and a few bits of stick cinnamon stuck into the ham, before the crumbs are sprinkled over, impart a pleasant flavor, much relished by many.

POULTRY.

When properly cooked, few articles of food are more desirable than "broilers" or young chickens; but, unfortunately, they are seldom prepared in such style as to develop their best qualities, or yield half the gratification they might. Like most kinds of meat they are cooked so injudiciously that the juices are lost, and the flesh becomes hard and stringy. This is too much the case with fried or baked chickens, as well as with the young "broilers."

"Broilers" are usually sent to market too young, and if they are ordered by proxy, and the selection left to the judgment of the butcher or poultry merchant, they are apt to be little more than "skin and bones."

Every lady should have been educated to understand perfectly how to make a judicious choice of every article of food before she assumed the care and responsibility of a household. If she has not had this most desirable

and much-needed training in her girlhood, then a course of earnest self-education should be entered upon, and perfected as rapidly as possible, to enable her to judge correctly of the quantity and quality of every article needed for the comfort of her family. The mistress of every house, as far as lies in her power, would do well to attend to her own marketing. If she does this, let her, in the selection of chickens for broiling, be sure that they have been long enough out of the shell to furnish a sufficient amount of nourishment to pay for the trouble of cooking.

For broiling, split a chicken down the back; clean and wash thoroughly; twist the tip of the wing over the second joint; wipe the body dry, inside and out, with a clean meat-cloth (never with a wiping-towel); spread it out, and with a rolling-pin or potato-masher break the projecting breast-bone, so that the chicken may lie flat on the gridiron when ready to broil. Set it in the ice-chest for several hours after cleaning; still better if it is left there all night, and thus be sure it is well aired

About an hour before time to cook the chicken, put the giblets into a small skillet with a little pepper; pour in a cup and a half of boiling water, and set it where they will boil gently till quite tender. Then salt them; take up and chop very fine, sifting over a little flour. When sufficiently fine, return them to the water in which they were boiled, stirring occasionally as it thickens. Beat to a smooth paste three tablespoonfuls of butter and one of flour, ready for use when the chicken is cooked. Put the gridiron over a clear but not fierce fire. When hot rub the bars with a clean cloth dipped in nicely-clarified drippings or butter, and place the chicken over. Sprinkle on a little black pepper. Turn often to prevent scorching. When of a delicate brown both sides, but not more than half-cooked, sprinkle on both sides what salt is needed and a little more pepper. Leave it over the fire a moment for the seasoning to penetrate, then put it into a steamer or farina-kettle (a steamer is much the best) large enough at the bottom to keep the chicken in good shape. Spread over it the butter and flour that has been made ready, and then cover or "smother" it in rich cream, if plenty, or add more butter and cover with milk. Cover very close, if a farina-kettle is used, so no steam may escape, and set it into the receiver or lower kettle, in which there should be enough boiling water just to touch the bottom of the upper kettle. Let it simmer or "smother" in the cream, and seasoning from fifteen to twenty-five minutes according to the size of the chicken.

When about ready to take up, pour the gravy in which the giblets are simmering over it; then take the upper kettle out of the receiver; set it over the stove; let it boil up briskly two or three minutes, stirring the liquid gently, without disturbing the chicken, till it all thickens; then lift it carefully to a platter on which are slices of nicely-toasted bread, and pour the gravy about it.

These directions are long on account of the minute specifications, but the

whole work can be done in thirty-five minutes; and if on a faithful trial this is not conceded to be vastly superior to the common specimens of dried-up, tough broiled chicken, we shall be disappointed. For those who like highly-seasoned food a very small sprinkling of savory herbs or a little tomato-catsup may be thought an improvement.

Fried chicken should be prepared in a similar manner. Fry carefully in hot butter or lard till delicately brown on both sides, then treat as broiled chicken.

Until chickens are full-fleshed and suitable for baking, this double cooking is the only way we are acquainted with to secure a wholesome and palatable article.

When old and tough, baking chickens may be prepared in a similar way, only reversing the order, "smothering" first—an hour if very tough, in water instead of cream, and bake till well browned.

Pigeons, quails, partridges, etc., are delicious if half-baked, then "smothered" till very tender; and all such dry meats as these birds are greatly improved by being larded all over the breasts with nice salt pork before baking.

Poultry, if not kept too long, should be entirely free from disagreeable taste or smell. Turkey, goose and duck require more care, being stronger flavored and more oily than chickens; but we are aware that they often have a very unpleasant taste, chiefly around those parts nearest to the insides. Wings, breast, second joint and drumsticks may be perfectly sweet; while the other parts, back-bone, side-bones and spots around the crop and breast, may be very unpleasant and repulsive.

This can not, however, be the case if care is taken not to break the entrails when drawing them; if the bird is carefully washed, first in clear, cold water, and then in salt water, and when hung up over night—as it should be—to drain and air, a piece of clean charcoal is put inside. Many cooks disapprove of washing poultry after dressing, and direct that no water must be used, but they must be wiped dry with a clean cloth kept for that purpose. We can not think this either neat or advisable. No care in wiping and drying can give the thorough cleansing that washing will do. We think we could detect the unpleasant flavor in any bird, wild or domestic, that has not been carefully washed, and especially with goose and turkey. The washing should be done as quickly as possible, and the bird be then hung up over-night to drain and air, and a piece of clean charcoal be put inside.

Basting.—Contrary to many cook-books, we should advise that poultry should not be basted with the drippings which come from them when cooking. Let it cook and slightly brown in a hot oven for fifteen or twenty minutes; then take the pan from the oven, lay the fowl on a platter, and drain off all the grease that has been drained out. Return to the pan, sprinkle over what salt and pepper is needed, dredge with flour. Pour into

the pan half a cup of water, slightly salted and peppered. Rub little bits of butter over the bird for the first basting, part of which will drop into the pan; after that, baste every fifteen minutes with the water and butter, and whatever may, after the first, drip into the pan from the fowl.

VARIETY IN COOKING CHICKENS.

The variety of modes for preparing chickens is innumerable. We strongly advocate steaming in a close receiver, first, as securing all the juices, which are usually wasted if the chicken is, without any steaming, put on at once to cook in the usual way. Even a young broiler is incomparably better if put in a closely-covered dish and steamed for twenty minutes before putting any salt or pepper on. By this means all the juices of the meat will be saved in the dish like a rich "stock." The meat will be very tender; even the tips of the wings will be like jelly, instead of being dry and worthless. About half an hour before putting the chicken to steam, set the giblets over the fire in a very little water, just enough to cover; season them when about half done, and leave to boil till tender. Then chop very fine, return to the water, and thicken with some brown flour well stirred in. Let that simmer while the chicken receives attention. Take it out of the steamer, turn the juices into the gravy, and stir well. Then butter the bars of a hot gridiron, and place the chicken on it. The heat of the steam will have closed the pores, and there will be no waste and very little of the disagreeable smoke that usually annoys one when broiling. A few minutes over a clear fire will suffice to give the rich brown so desirable in all broiled meats. When done, lay the chicken, well seasoned, on a hot platter, spread butter over, and then pour on the gravy, and, when eaten, tell us some better way for broiling chickens if you can.

'. Well, we have given a full receipt for broiling a chicken, and will another time give several that are well worth trying. But our present object was simply to specify some of the many ways in which chickens may be cooked, and leave the directions for doing it to a more convenient season.

A baked chicken is so common that a receipt for it is, some think, superfluous. A mistaken notion. Simply to bake or roast is one thing, but to lard and bake is very much better. To lard, then steam, and finish by baking, gives another and much superior variety.

To boil a chicken is, to our taste, the least attractive mode. To boil, then brown in the oven and baste thoroughly, transforms a very commonplace, insipid dish into a much more appetizing repast.

A steamed chicken, without any additional embellishment, makes also a pleasant variety; but a chicken larded, then steamed, taken from the steamer when neatly done and "braised" or browned in the oven, make two more excellent changes.

In larding, some use good, sweet salt pork. Some prefer fat bacon for

the sake of the flavor which smoked bacon gives, instead of the simpler flavor of sweet pork.

Fricasseed chicken can be prepared in several ways, each good, but so dissimilar that one could wish that each should be honored with a title as distinct as the flavor of each will be when well prepared.

Breaded chickens is a favorite way of preparing tender young chickens, and that under the same name may be made a totally different dish.

Chickens for a lunch party are cooked one way; for a traveling lunch they are not very near of kin.

A chicken pot-pie, a chicken pie, a chicken pie with oysters, are three varieties.

Fried spring chicken, with cream, is excellent. Fried chicken, with okra and tomatoes, is quite as good; but fried delicately, then simmered in cream, and dished with a rich brown gravy is unsurpassed.

Jellied chicken is very good, and an economical way of using old fowls so as to make a favorite relish for tea. It can be prepared in several ways, each giving a totally different relish, making it difficult to choose which is the best.

Pickled chicken is relished by many for lunches, but we know of but one way to prepare it. There doubtless are several more.

Pressed chicken, another of the many varieties of preparing poultry, is something akin to boned turkey, or can be made similar by a little skill in preparing it.

Chicken curried with rice, or, for a change, with cocoanut, is esteemed a choice luxury.

Pilau—a mode of preparing chicken which we get from China and the East Indies, and which one can afford to be grateful for; and Timbal, another luxury from over the seas.

Chicken molded in jelly, chicken *pâtés*, and any number of ways to make chicken croquettes.

Rissoles, the Indian fashion of cooking fowls, the French, Italian styles, and countless ways of preparing chicken salad, all go to swell the number of ways in which chicken can be prepared for the table.

The young housekeeper, who is "so tired of the same old routine" of serving this favorite dish, need only to understand the true art of housekeeping a little more clearly to find that there are but very few of her duties that need to weary her by lack of variety.

A little patience and skill, an inquiring mind and a disposition to experiment cautiously, and with a good judgment, will give a zest and novelty to duties that might otherwise weary for lack of variety.

CHICKEN SAUTÉ.

Any mode of frying chicken may be called *chicken sauté*. After thoroughly cleaning two young and tender chickens, rather older than broilers, cut

them into quarters; crack the main bones with a potato-masher or meat-pounder; flatten the quarters slightly, and lay them into a *sautoir* or frying-pan; pour over them four ounces of melted butter; salt and pepper in quantity to suit the taste. Cover the pan closely, put it over a quick fire, and fry a delicate brown on both sides. When well browned—but not too dark—drain off most of the butter; dredge over the chicken half an ounce of flour; mingle it all well with the chicken, and then pour over a pint of sweet cream. Shake the *sautoir* or frying-pan, for a while, to mingle all well together, and prevent burning; then cover closely, and let it stew slowly for ten minutes. When done, take up the chicken neatly, and put into a hot platter; put half a tablespoonful of butter, and half the juice of a lemon to the gravy in the frying-pan; shake well over the fire, and then pour over the chickens. Dress with finely-chopped parsley, and serve hot.

We give here a recipe for chili-colorad, which we tasted once in one of the surprisingly good restaurants when passing the most desolate of all places, the alkali plains, which one must pass across in going from Omaha to Virginia City or overland to California.

CHILI–COLORAD.

Cut up two chickens as if for stewing. When well done, either by steaming in a close "receiver" or by stewing, chop up and add a little green parsley and a few onions. While this is cooking, take half a pound of large red pepper-pods; take out all the seeds, and cover the pods with boiling water. Let them cook till quite tender; then pour off all the water, and rub the pods in a sieve until all juice is extracted; add the juice to the chicken, and let it all cook together half an hour, and while it is cooking prepare some rice. Have it well cooked; add a little butter, flour and salt; stir it till all is mixed. Lay the chicken on a platter or deeper dish, and piling a border of rice round it, send to the table hot.

This dish should be eaten in cold weather. By boiling the pepper-pods first, the intensely fiery part of the pepper is removed, and the preparation is very nice.

PILAU.

Cut up a chicken as for fricassee; put it into a kettle with the liver, gizzard, heart and a slice or two of bacon; cover with boiling water; season with pepper and salt, and leave it to stew slowly till quite tender; then take it from the pot, without the water in which it was stewed, and set where it will keep hot. Wash half a pint of rice, and boil it in the broth made from the chicken. There should be one pint of it. If there is not that quantity, add some boiling water; cover close, and boil till the rice has absorbed the broth; then uncover, and let the rice dry a few minutes. Serve on a platter, with the chicken placed on the rice.

CHICKEN PUDDING.

Dress carefully and cut up neatly into small pieces; lay them in a saucepan or kettle with a little boiling water; season with salt and pepper. Boil slowly till quite tender, then take it up, with what little liquor remains, and put into a pudding-dish. Have ready one quart of green corn, grated or cut fine (canned corn must answer for winter at the North, but not half so good). Add to this three well-beaten eggs and one pint of sweet cream or rich milk. Season with more salt and pepper, if needed, and pour this mixture over the chicken; dredge thickly with flour, lay on bits of butter, and bake till done. This is very nice.

FRICASSEED CHICKEN.

Cut up two chickens weighing two and a half pounds each. See that they are neatly jointed, not torn and mangled. Sprinkle the pieces with two teaspoonfuls of salt, one-third of a teaspoonful cayenne pepper, half teaspoonful mace, one-third of a grated nutmeg. Put one pint cold water into a kettle, lay in the chickens, skin side down. Slice one onion over them, cover closely, and let them simmer until done. Then take out the chickens piece by piece with a fork; arrange neatly on the platter, and set it where they will keep hot while the gravy is being made. There should be nearly a pint of it in the kettle. Rub one and a half ounce of flour into two ounces of butter very smoothly; add a few drops of the broth, if needed, to soften, and make them rub smooth and free from lumps. When very smooth, stir it into the gravy, and let it boil two or three minutes, stirring constantly; then pour in two gills of cream. Meanwhile, the yolks of four eggs should be beaten very light. As soon as the cream which has been added to the gravy boils up, pour all the gravy over the well-beaten yolks; return instantly to the kettle; let it get again thoroughly hot, without boiling, and pour at once over the hot chickens, and serve instantly.

ANOTHER EXCELLENT FRICASSEE.

Cut up two chickens, neatly; lay them skin downward into a kettle; add a grated onion, a very little thyme and sweet marjoram; pepper and salt to taste; cover closely and let them simmer, not boil, until tender; then take up; keep hot. Rub three even teaspoonfuls of flour very smooth into a piece of butter as big as a large egg, and stir into the gravy; and, if relished, sprinkle in a little mace and cayenne pepper. When it has simmered enough to cook the flour, pour in a gill and a half of rich, sweet cream; simmer a moment or two, and add the yolks of four well-beaten eggs. Pour over the hot chickens, and serve at once.

This last part of the fricassee must not be prepared until the rest of the dinner is being put on the table, and should be made with great care, as directed, to prevent its curdling.

CHICKEN PATÉ.

First put a half ounce of Cooper's isinglass to soak. Cut up a chicken carefully, cover it with cold water, and let it simmer till the meat slips easily from the bones. Have ready half a dozen hard-boiled eggs. After taking out the bones, cut the chickens in thin slices. Return the bones, after pounding or breaking them, to the broth in the kettle, and let them simmer to enrich the jelly. Wet a plain mold and lay all round it neatly thin slices of lemon or orange and egg; then, seasoning the meat with a little salt, pepper and mace or nutmeg, fill the mold with the meat and slices of egg, and now and then add small bits of nice boiled ham or bacon, and slices of lemon or orange. See that the gravy is well seasoned; add the isinglass to the gravy as soon as dissolved; stir all well together, and pour over the chicken. Cover the mold with a crust or tin cover, and bake in a moderate oven three-quarters of an hour. To be eaten cold. Three eggs will answer. Half a dozen are better. One lemon or orange is quite enough. Sliced mushroom, if liked, and a few slices of boiled red beet, may also be used.

CORN AND CHICKEN.

Several delicious dishes can be made by combining corn with other ingredients in the form of stews or *ragoûts*. An exceedingly nice dish of corn and chicken may be made as follows: Prepare a chicken as for a fricassee, by carefully removing the feathers and entrails, and cutting it in joints; fry it light-brown in a little butter, add a quart of milk and the grains cut from a dozen ears of corn; season the stew with salt and pepper, and cook it slowly for half an hour; serve it hot with small pieces of toast or bread fried in hot fat.

STEWING CHICKENS WHOLE.

Clean a chicken as for roasting—a large one, if plump and tender, makes the finest-looking dish. See that it is very thoroughly washed, rinsing it in several waters, and watch very closely that the gall has not been broken or any impurity left inside. Then wipe dry with a clean napkin, and rub pepper and salt inside and out. Take from their liquor as many fine, large oysters as the chicken will hold, remove every particle of shell that may have adhered, drain very dry in a colander, and fill the chicken quite plump with the oysters. Sew up and skewer it tightly. Then put it into a pail, without any water, large enough to hold it without crowding or spoiling the shape. See that the cover fits perfectly. Put this pail in which the chicken is, into a large pot of boiling water, and let it boil till the chicken is quite tender. Then remove to a hot platter, cover closely as soon as out of the pail, so that the air need not touch it, and set it into the oven, with the door open, or some place where it will keep hot. Then turn out the

gravy that has been made from steaming into a small pan, add one tablespoonful of butter and half a teacup of rich, thick cream, the yolks of three hard-boiled eggs, chopped or mashed very fine, a little finely-minced parsley, and a tablespoonful of corn-starch, stirred smooth, like cream in cold milk. Let this boil up once thoroughly, then pour over the chicken, and send to the table very hot.

This is a very nice dish, and not troublesome to prepare.

WHITE SAUCE FOR CHICKENS AND GAME.

Boil an onion in a pint of milk till it is like a jelly; then strain, and stir into the boiling milk sifted bread-crumbs, enough to make it like thick cream when well beaten. Beat while boiling, and season with salt, black and cayenne pepper, and a little nutmeg.

TO STEAM A CHICKEN.

Rub the inside of a well-cleaned chicken with pepper and half a teaspoonful of salt; put into a steamer and set over boiling water, as near to the water as the steamer will fit in. Steam an hour and a half, taking care to keep the steamer tightly covered, and see that the water does not boil away. When done, take up into the platter, and keep hot while you are preparing the dressing, as follows: Take one pint of gravy from the kettle, without any fat, add cayenne pepper, half teaspoonful of salt; stir six tablespoonfuls of flour into a quarter of a pint of cream until quite smooth and free of lumps, then stir it into the gravy; or use corn-starch instead of flour, and, if liked, grate in a little nutmeg and celery-salt.

TO STEW A DUCK.

Pick out all the pin-feathers, and clean with great care; cut in pieces, taking pains to joint it neatly; then brown it a little in hot butter and salt pork-drippings; add one teaspoonful of chopped onion, one clove, one stick of celery, one sage-leaf, and a small sprig of parsley; cover with boiling water and stew very slowly and gently two hours. When half done, season with salt and pepper.

Keep the sauce-pan closely covered, adding a very little boiling water, if needed, occasionally. Then take out each piece separately except the giblets, and arrange neatly on a hot platter. Chop the giblets very fine; mix one teaspoonful of butter and three of flour with them while chopping, and put all into the gravy. Squeeze in a little lemon-juice; stir; then pour this gravy over the duck. Garnish the sides of the dish with bits of clearly-browned and buttered toast cut into fancy shapes, and a few sprigs of parsley. Serve with currant-jelly.

TO MAKE GRAVIES FOR POULTRY OR MEAT.

To make gravy, for meat or poultry, many remove them, when done, from the bake-pan, and set where they will be kept hot; then pour a little water into the pan, and when it boils wet to a paste a spoonful or two of flour and stir to the boiling water, and then season with salt and pepper. But this makes a poor gravy, we think. Try what seems a better way: Drain off most of the liquor from the pan, which is left from basting, leaving only the richest part; set the pan over the fire, and as soon as it boils up sift in from the dredging-box slowly what flour is needed. That will depend upon the taste for thick or thin gravy. Be careful that the fire is not fierce enough to scorch it. Let it simmer a few minutes till the flour is saturated with the gravy before stirring at all, then begin gently to mix it—free from lumps—till perfectly smooth and of a rich brown. If the giblets, chopped fine, are liked in the gravy, stir them in, and also gradually the water in which they were boiled, which must be boiling hot. Stir all the time till well blended and smooth; if not enough liquid, add as much boiling water as is needed.

In this way one secures a rich, smooth, brown gravy, which has a fine body to it, instead of a thin, watery compound without flavor, and less digestible because more greasy.

TO STEW OLD FOWLS OR BIRDS.

Old birds or fowls are best stewed. Clean thoroughly, and let them remain fifteen or twenty minutes in cold water, to draw out the blood. About five minutes before taking them from the water, throw in one or two teaspoons of soda, and wash again, to remove any strong odor or taste then; rinse off thoroughly, and fill plump with dressing to suit the taste; and tie each bird into a good shape. Lay some thin slices of salt pork, that have soaked fifteen or twenty minutes in cold water, on the bottom of the kettle, or soup-digester, which is better; then put on the birds, packing them closely, breasts uppermost, and put a very thin slice of salt pork on the breast of each. Cut in a few slices of carrot, one small stalk of celery, a very little chopped onion, and a teaspoonful of sugar. Pour enough boiling water over all to cover them completely, and cover closely; cook them till tender and the water nearly boiled away. If it boils out before the birds are tender enough, more boiling water must be added.

When tender, season with pepper and salt; but as they are cooked with salt pork, be careful not to add salt till you taste, and then add but a little at a time. Lay each bird on a slice of well-buttered toast; and set to keep hot till the gravy is made. Wet a teaspoonful of corn-starch in milk, or a little browned flour. When a thin paste, stir in half a teacup of milk and pour it to the gravy. Let it boil up a minute, and pour over the birds.

Or, instead of the slices of pork, cut the pork in narrow strips, and, after

soaking a few minutes in cold water, draw the strips through the breasts of the birds with a "larding needle," put them into the oven and bake till a golden brown, sprinkling over a little flour, and basting them occasionally. When brown, invert a saucer on the bottom of the kettle or digester, to prevent the gravy scorching, and pack the birds close together on it, pour in all the liquor in the bake-pan and add the vegetables, and proceed as first directed. About twenty minutes before they are done, remove the cover and put a few small bits of butter over the birds. Sift flour all over them, pour on a teacup of rich cream, add the pepper and what salt may be needed, cover again closely, and cook slowly for a half hour, then take up. There should have been enough flour sprinkled over them to make the gravy thick enough, but, if not, wet up a little in milk and put to the gravy, first removing the saucer at the bottom, let it boil five minutes, stirring constantly; then pour over the birds and serve hot.

CHICKEN LIVERS.

Chicken livers will be found to make a nice side-dish. First fry half an onion in butter. Be careful and not let it scorch. When the onion is nearly done, put in a slice of salt pork, cut thin, having first washed it well in cold water. When the pork is half done, put in the livers, cover the frying-pan closely, and cook slowly till well done and of a delicate brown; season with pepper and salt, then take out the livers and arrange neatly on some evenly-cut slices of buttered-toast. Shake some flour into the frying-pan on the drippings; let it boil up till the flour is fully saturated, but not scorched. Pour a little boiling water into the pan as soon as the flour is cooked, season with salt and pepper, and let it boil till it thickens; then pour through a strainer over the livers. Put a border of rice and a few sprigs of parsley round the livers, and, if you choose, ornament with some hard-boiled eggs cut in half quarters, not in slices. It is worthless if not eaten hot.

A BONED TURKEY.

Choose a fat turkey—a hen-turkey is thought best—not too tender, or the skin will tear easily; and, to prevent that, the bird should be dry picked, not scalded. Usually the legs and wings are cut off, because to keep them on and bone them takes more time than they are worth, unless the turkey is designed for an especially grand occasion or one has a French cook in the house who takes pleasure in the work. With a thin, narrow and very sharp knife, such as are made expressly for boning, cut the skin down the back; then with the aid of this knife and careful fingers, little by little separate the skin from the meat, if possible, and remove the skin whole. After a little practice, one can acquire skill sufficient to pass the knife between the skin and the body and take out the carcass whole. That is, however,

of very little importance, as the meat must all be cut up after it is removed; but keep the breasts as unbroken as possible.

Chop a pound of lean veal and two slices of thick, sweet, salt pork (about one quarter of a pound), adding to it all the available bits of the turkey except the breast. Season with salt, very little savory and chopped parsley, a little ground cloves, mace and cayenne pepper. Only a little of each of these seasonings should be used. When all this is finely chopped, add an equal quantity of sausage-meat, and cut three boiled sheep-tongues or pickled tongues into small pieces about the size of a chestnut; let them lie a short time in vinegar, or while the other ingredients are being made ready. The giblets have, of course, been boiling while the turkey was being prepared. When ready, cut them also in small pieces, together with a thick slice of ham and another slice of pork. Season as above directed, and add a pound of truffles if you choose. They are an addition that is much relished by many, but are expensive, and not really necessary to secure an excellent boned turkey. Keep the giblets, etc., separate, from the first mass of chopped meat.

When all is ready, lay the turkey's skin on the molding-board, and spread over it part of the chopped turkey, veal, etc.; then place part of the breast cut in strips, then half the giblets and pork, and over all the remainder of the first preparation of force-meat. Having the inside all arranged, begin at one side and roll it tightly into a long roll; then sew up the skin and wrap it in a towel as closely as possible. Tie the ends very tight, and tie it also twice in the middle to keep it in shape; then boil it in broth or stock four or five hours, adding all the bones and bits of meat left over. When first put into the kettle to boil it will sink to the bottom, but rise and float when done. It should be kept constantly covered with the stock, and at no time allowed to boil hard. Leave the turkey, when done, in the stock till half cold, then take it out and put into a large bowl or form. Lay on a seven-pound weight, and leave it under pressure twenty-four hours, or till thoroughly cold and hardened all through. Then take off the towel and place it for a few minutes in the oven, leaving the door open, only long enough to melt or soften the fat that may have come to the outside by reason of the pressure. When it is melted, wipe it dry with a clean towel. To look well it should be oval in shape, rounded at the ends; as near the size and shape of a well-trussed turkey as possible.

This is a convenient dish to have in the house, and except that it must be, perforce, a long job, it is not a hard or troublesome one, after a few trials. Where one wishes to secure a close resemblance to the turkey, in preparing it for some extra occasion, the legs and wings being the most difficult to skin, are left on; or by loosening the joint and slitting the wings and legs down on the inside, the bones can all be removed, the wings and legs stuffed with force-meat in shape, and tied or skewered into the proper positions. But this

is no great addition to the looks, and is a much more troublesome operation than any part of the work. If the legs and wings, therefore, are cut off and put into the stock to boil with the turkey, all the substance or richness of these parts is secured, and this liquor or stock, after the turkey is taken out and put under pressure, can be reduced full half, then clarified and set to cool till it becomes a clear jelly. When cold, remove every particle of fat from the jelly, warm it again just enough to liquefy it, and when the boned turkey is removed from the pressure, this can be poured around it, set to cool, and the turkey will be embedded in a beautiful jelly, which can be ornamented and made elegant in appearance with very little trouble, or the jelly can be used to ornament any other meat that one wishes to decorate.

There are many things that can be boned and prepared in the same manner: capon, duck, goose, hare, lamb, sucking pig, partridge, veal, venison, etc., and every thing boned and thus prepared, whether ornamented or plain, is called a galantine, or meat freed from bones, tied up in a cloth and boiled, and served cold. When hares, rabbits and sucking pigs are made into galantines, the heads must not be boned, but left on, and kept in as natural a state as possible.

There are various additions that can be made into galantines of every kind, according as fancy dictates, and there is no end to the variety of things that can be used for the dressing. Hard-boiled eggs, oysters, blanched sweet almonds, chestnuts, veal, pistachio-nuts, garlic, bay-leaves, lemon-juice and rind, chopped pickles, anchovies, etc.—any or all of these may be judiciously used to great advantage, as one feels inclined.

A galantine of any kind, if carefully made, is a handsome and very convenient dish for any entertainment. They can be "glazed"—that is, the stock can be boiled down till reduced to a jelly, and while yet warm the meat washed over with it (put it on with a brush) and dried in a warm oven; or, instead of glazing, it may be sprinkled over with bread-crumbs after the jelly has been applied, and slightly and quickly browned.

Odd bits of meat or game can be very economically used for a galantine; and for the skin in which to roll it, a thin rind of salt pork, soaked several hours in tepid water to make it pliable, will answer as well. Such scraps, made into galantines, are more economical and palatable than if made into stews or hashes. If the meat has been cooked, it should be well moistened with rich stock, or it will be tough and indigestible.

OYSTER-STUFFING FOR TURKEY.

Take a loaf of stale bread, remove all the crust, and soften it with boiling water. Drain off all the water as soon as softened, and cover closely. When well softened, break up very fine the remainder of the loaf, add four tablespoonfuls of melted butter, or twice that quantity if desiring to make it very rich, a

teaspoonful each of pepper and salt, or enough to season highly. Drain off all the liquor from a quart of oysters, bring the liquor to a boil, skim and pour over the bread-crumbs, then add the soaked crusts. Beat in three eggs, if plenty—less will do. Mix all thoroughly together with the hands, and, if rather dry, add a little sweet milk. Last of all, add the oysters by first putting in a spoonful of stuffing, then three or four oysters—being careful not to break them; then more stuffing, then oysters, and so on till the turkey is filled. The breast should be stuffed first, to bring the whole into good shape.

A turkey will take from one and a quarter to two and a half hours to bake, according to the size. With a well and evenly-heated oven a five pound turkey will bake in an hour and twenty-five minutes.

CURRIED FOWL.

Curries should always be made of white meats; fowl, rabbit, veal, and pork are all suitable. The great secret of making good curries lies in the proper frying of the powder itself. There are at least thirty varieties of curries as made in India; the receipt which we now give is that known as Bombay curry, and is an exact translation of a receipt dictated by a native cook, with the exception of the substitution of butter for the preparation which is used by Indian cooks, and called ghi, and which is, in reality, only melted butter: Cut the fowl into pieces, separating each joint of the limbs and wings, and wipe them thoroughly dry. Take two large onions and a clove of garlic; cut the onions into slices and place them with the garlic and a quarter of a pound of butter in a frying-pan; sprinkle them well with curry-powder, and shake the pan frequently while they fry. When they are thoroughly brown, remove the contents of the frying-pan to a stew-pan, place the fowl in it, and then make a thick gravy by mixing half a breakfast-cupful of flour with water, and stirring it into the frying-pan until it is perfectly smooth, adding water or stock, as required. When you have a perfectly smooth sauce, strain it on to the fowl; squeeze into it the juice of half a lemon; add salt and a pinch of cayenne pepper; add half an apple, pared and cored; place the stew-pan by the side of the fire and let it cook very slowly for an hour, shaking it now and again; before serving, add a teaspoonful of curry-powder, mixing it first with a little water or stock, and taste to see if more lemon-juice would improve it.

TO BOIL RICE FOR CURRY.

Rice for curry should be boiled perfectly dry, or so that each grain is separate. The best way to accomplish this is very simple. Put a large cupful of rice into a sauce-pan nearly full of water, let it boil as fast as possible, leaving the lid off the sauce-pan, so that the steam can evaporate rapidly. When it has boiled nearly dry, shake the sauce-pan, and, as soon as all the

water has been absorbed, drain the rice into a colander; shake it well and place it over a perfectly dry sauce-pan near the fire. In a few minutes every grain will be separated; then turn it lightly into a vegetable dish, unless you wish to garnish the curry with it. The proper way is to serve in separate dishes, and to help the rice first, placing the curry upon it. The fowl or meat curried should be so tender that it can be eaten with a spoon. Knives are never used in eating curry in India.

CHICKEN PIE.

Chicken pie is one of the things in which epicures especially delight. Take four good-sized fat chickens, cut up all the joints, wash them thoroughly and put into a two-gallon kettle with just water enough to cover them; boil slowly and skim nicely. When tender, throw in a tablespoonful of salt and a piece of butter as large as a coffee-cup. Take out the chicken, and stir up four spoonfuls of flour in a tea-cup of cold water, and drop into the liquid that the chickens were boiled in. Stir it well, and let it boil about five minutes, then remove from the fire. Take two quarts of sifted flour and a lump of lard the size of a coffee-cup. Rub the lard thoroughly with the flour, then take two coffee-cupfuls of sour cream, add half a teaspoonful of soda dissolved in two spoonfuls of water; stir up quickly and knead lightly. Butter a six-quart tin pan, and roll out the crust half an inch thick and cover the dish inside. Now place the chicken in the dish, packing it closely, pour in enough of the soup to fill the pan within a half-inch of the top of the rim. Roll out another crust and spread over the top, pinching it down tightly round the rim of the pan. Now cut out from the remnant of the dough a scalloped edge, and bind around; cut a ventilator in the center of the pie, and spread a paper over the top so it will not scorch, and bake two hours.

ROAST DUCK.

A young tame duck stuffed with a bread stuffing, seasoned with salt, pepper, sage and a small piece of onion, is a dish that often appears upon the tables of our Southern families, and is well liked. But Northerners, as a rule, do not take kindly to the dish, owing to its peculiar flavor, and also to the fact of the bird being usually stuffed with onions and red pepper. Grate sufficient bread to fill the bird; moisten it with milk, and season with salt, pepper, sweet marjoram and the grated rind of one lemon; add a tablespoonful of butter, and bind the mixture with yolk of egg; add a few raw whole oysters, if desired. Serve with apple fritters or apple-sauce.

CHICKEN CROQUETTES.

Have ready a coffee-cupful of cold chicken, either roast or boiled, and chopped to the most complete fineness. Take a piece half the size of an egg,

of the best butter, and let it heat to bubbling point over the fire. Stir into it a spoonful of milk and enough flour to make it of the consistency of drawn-butter sauce. Then, when thoroughly cooked, add a beaten egg and the chopped chicken, and pepper and salt to taste. Spread it out on a platter to the thickness of a little less than an inch Let it get cold. Then, when wanted, form the croquettes with the hands, dip them in cracker-crumbs, and fry in hot lard. A wire basket which can be dipped into the lard is good to fry croquettes in. This receipt can be used for any kind of cold meat or poultry; also for lobster. The mixture must be moist. The quantities given above will make enough croquettes for a moderate-sized family.

VEGETABLES.

GREEN CORN.

The colored cooks of the South believe that green corn is much more wholesome and nutritious when cooked with the husks on; it is certainly much sweeter than when entirely stripped of its covering. Select full ears, but see that the grains are tender and full of milk; strip off the outer husks and remove all the silk; put the corn into a pot of boiling water and boil it fast until tender, about twenty minutes; then drain the ears and serve them in a covered dish or folded in a napkin. Before eating, each ear should be buttered and seasoned with pepper and salt. When hot corn is not served on the cob the grains should be seasoned with salt and pepper, mixed with butter, and heated before they are placed on the table.

SUCCOTASH.

Cut the grains from ten full-grown tender ears of corn, mix them with one quart of shelled Lima beans, boil them until tender in plenty of well-salted boiling water, and then drain them in a colander; meantime, beat two eggs smooth, put them into a sauce-pan with the succotash and two tablespoonfuls of butter, season it to taste with salt and pepper, and heat it thoroughly; serve it in a covered dish.

A cup of sweet cream is sometimes used instead of the eggs and butter, or a small piece of salt pork or bacon is boiled in the succotash.

CREAMED SUCCOTASH.

First put three gills of fresh Lima beans in just enough boiling water to cover them. The water should be salted *before* the beans are put in, to keep

the color. Boil till quite tender and soft; then add the corn, season with pepper and salt; add a tablespoonful of butter and a cup of cream or rich milk. If milk, more butter will be needed; stir all together till the cream is quite hot, but do not let it boil; then serve.

TOMATO—SAUCE.

A pint of canned or cooked tomatoes, with one clove of garlic and a small onion sliced and fried, two stalks of parsley, one of thyme, a bay-leaf, a clove, six peppercorns, and salt to the taste. Boiled till reduced about one-third, then mash gently through a fine colander.

DRIED SWEET CORN.

Boil the corn as directed in the receipt for hot corn; as soon as it can be handled, take off the husks and cut the grains from the cobs with a sharp knife. Spread them on a sheet of cotton batting, and dry them in the mouth of a cool oven or in the hot sun. When the corn is thoroughly dry, put it in paper bags and keep it in a dry place. When wanted for use, soak it over night in water, and then boil it for five minutes in water or milk; season it with salt and pepper, add a little butter, and serve it hot.

GREEN CORN RAGOUT.

Cut a pound of fresh pork in pieces an inch square, fry it brown in the bottom of a sauce-pan, add to it six large ripe tomatoes peeled and sliced, and the grains cut from six ears of corn; cover these ingredients with boiling water; season the *ragoût* highly with salt, pepper and sweet red pepper, and cook it slowly for half an hour; serve it hot with toast or fried bread.

Ham or bacon cut in half-inch dice and fried may be substituted for the pork in the above dish. In fact, corn cooked in combination with any meat, and highly seasoned, makes a palatable dish.

BAKED BEANS.

Soak a pint and a half of dried beans over night. In the morning pour off the water, cover with fresh water, and boil till they crack open or are tender. Then put them with the water in which they were boiled into a deep earthen dish, adding a little salt, and, if agreeable, a tablespoonful of molasses. Put on top of the dish one-half pound of fat and lean pork, which should be scored or gashed across the rind. Bake four hours, and longer if convenient. It will be better for it, only bake slowly. Keep nearly covered with water till two-thirds done, then allow it to dry away.

STEWED CABBAGE.

Cut up a firm, brittle cabbage as if for cold slaw. Boil in water twenty minutes. Then drain quite dry and cover with rich milk. Cover closely,

and boil until tender. Season to please the taste with butter, pepper and salt, and, when ready to serve, add the yolk of a beaten egg mixed with a few spoonfuls of sweet, thick cream.

In cooking it with the milk, be careful and not use too much milk, so that when done it will be swimming in it.

SPINACH.

Pick over carefully, rejecting all decayed leaves, and wash in a large pail three times, then put it into an iron pot with no water except what adheres to it; as you drain it from the last rinsing, sprinkle over a little salt, cover closely, and set where it will cook without scorching. Let it cook twenty or thirty minutes, till quite tender—can not give the exact time, as that depends on the juiciness of the stalks and leaves. When done, add butter and pepper, take it out in a perforated mold, if you have one—if not, in a colander—and place over the pot to drain; cover closely to keep it hot while draining. Have two tablespoonfuls of cream put where it will get hot, and some hard boiled eggs, ready sliced. When well drained, put into a hot vegetable dish, stir in the hot cream, place the slices of egg over the top and serve hot; or it may be put dry into a *bain marie*, or, if you have none, into a dish of hot water. When tender, press it dry, and stick bits of butter through it; season with salt and pepper, and stew till perfectly cooked. Serve on toast with poached eggs.

STEWED CELERY.

Break apart and wash very carefully three heads of good celery; cut off the green portions, and leave the outside stalks to season soups. Cut the celery into pieces an inch long, and put to just enough boiling water to cover them; add salt to the water before putting in the celery; boil slowly. When tender, drain and place neatly on a vegetable dish, sprinkling over it some black pepper; pour off part of the water, but save it, in case of need, till the stew is completed. Wet into a smooth paste a teaspoonful of corn-starch, and add the same quantity of flour, two tablespoonfuls of butter and the same of rich cream; stir this into the water, over the fire, till it thickens, and then pour over the celery. If too thick, add some of the water left over; if too thin for your wishes, use more corn-starch after making it into a thin paste.

POTATO NOODLES.

Grate one dozen boiled potatoes; add to them two well-beaten eggs, a teaspoonful of salt, one-half cup of milk, sufficient flour to make knead, then cut in small pieces, and roll long and round, one inch thick, and fry in plenty of lard to a nice brown.

POTATO SOUFFLEE.

Carefully wash eight large potatoes as nearly of the same size and shape as possible. Bake till just done. Do not let the skin get scorched, only browned. When done, take them up, cut each one in halves with a thin, very sharp knife, so as not to break the skin. Carefully scoop out the inside and rub through a sieve. Put a tablespoonful of butter and half a cup of cream into a sauce-pan and set over the fire. When it boils up, add this sifted potato; season with salt and pepper, and, if liked, a few spoonfuls of finely-chopped meat—beef or chicken is the best. As soon as the milk boils up, after the potato is added, take it from the fire and add, one at a time, the yolks of three eggs, beating each one very thoroughly. Then, putting a pinch of salt to the whites, beat them to a stiff foam, stir this gently into the mixture;, and fill the empty potato-skins with it. Stand them up in a baking-tin, brush the top with a beaten egg, and set them into the hot oven just long enough to heat through, and give the top a clear, golden-brown. Be careful not to scorch the top. They should come from the oven light, puffy, and of a clear brown. As some may like them better without the meat, when preparing for company whose taste you are not sure of, it would be well to have a dish of both kinds.

SCALLOPED CAULIFLOWER.

Soak some bread-crumbs in rich milk if plenty; if not, water will answer. When perfectly softened, drain or press out all the milk or water. Beat up three eggs, and put to the bread-crumbs with two tablespoonfuls of melted butter and a tablespoonful of rich cream; season with salt and pepper. Turn this into a well-buttered pudding-dish. Break up the cauliflower and dip each top in this mixture, and set each piece of cauliflower round in the pudding-dish in neat order. Beat up another egg and pour over the top, and bake quickly till of a clear-light golden-brown on top.

SUMMER SQUASH.

Pick before the seeds have hardened; wash clean and remove all the stems; cut into small pieces, and boil till tender in just water enough to cover. Then pour off all the water, mash as fine and smooth as possible, and then put into a bag and squeeze out all the moisture that remains. Season with salt and plenty of butter and pepper, or with rich cream and less butter. Cooked in this way you will have no cause for complaint, provided the squash is ripe and of a good variety.

EGG-PLANT.

To fry egg-plant, peel carefully; slice quite thin, and lay the slices to soak in salt and water ten or fifteen minutes, then drain, and steam five minutes.

While steaming, make a batter of one pint of milk, two tablespoonfuls of melted butter, two well-beaten eggs, one and a half teaspoonfuls of baking-powder, and enough flour to make a batter stiff enough for griddle-cakes. Dip the slices into this batter, and fry in hot butter until of a light brown.

Or dip the slices in a well-beaten egg, and then in cracker-crumbs. Be careful and wipe each slice dry before dipping into the egg and crumbs.

STEWED EGG—PLANT.

Put the whole plant into a pot of boiling water, and stew till tender. Then remove the skin, and mash the egg-plant smooth, adding plenty of butter and some sweet herbs. Be careful not to use too much of the herbs, just enough to give a flavor. Put it into a bake-pan, grate bread over the top, and bake in a moderate oven till a nice brown.

STUFFED EGG—PLANT.

Parboil the egg-plants ten minutes, split them open lengthwise, and scrape out all seeds. Meantime soak some of the soft part of bread in cold water, and squeeze out all the water. Put enough butter into a fry-pan to fry a small onion. When the butter is hot, chop the onion and put to the hot butter. Fry till browned, but not scorched. When done, stir in the bread, add salt, pepper, a very little grated nutmeg and some beef-gravy; stir all together over the fire a minute, and then remove from the fire. Fill both halves of the egg-plant with this mixture, and put them into a bake-pan, the stuffing upward. Dust with bread-crumbs, put a teaspoonful of butter on the top of each, and bake till brown.

MUSHROOMS.

Take off the stems, and put the tops side by side in the bottom of a buttered pan or dish. Put a bit of butter on each, or oil, if preferred. Bake, and when done serve on toast, or with a rich sauce of drawn butter, with hard-boiled eggs in it. If chopped fine and stewed in milk, they may be made into a mushroom omelet, which is very agreeable.

BAKED TOMATOES.

Take large smooth tomatoes; wipe them, and cut off carefully a slice from the blossom end; take out the seeds, and fill each tomato with a force-meat made of bread-crumbs and some salt pork chopped up very fine, and seasoned with Durkee's salpicant. Put a bit of butter in each; fit on the top; place in an earthen dish, and bake slowly from half to three-quarters of an hour.

MACARONI, WITH TOMATO—SAUCE.

Melt two tablespoonfuls of butter in a sauce-pan; put to it one medium-sized onion chopped fine, a small piece of celery and a little parsley. Let it

cook slowly, but carefully, lest it scorch, which would spoil all. When the onion is delicately brown, put in a pint of canned tomatoes, if in the winter, or a quart of fresh tomatoes in their season, and boil for an hour; then strain through a fine sieve into a clean sauce-pan, cook until as thick as catsup; season with salt, pepper and butter. This should be all ready before cooking the macaroni, but keep gently simmering to keep hot till the macaroni is done.

Put half a pound of well-washed macaroni into boiling salt water, cook twenty minutes, then drain it in a colander. Place a layer of macaroni in a hot dish, then place over it a layer of the tomato-sauce, then another layer of macaroni, then a layer of sauce, having the sauce on the last thing. Set in the oven for five minutes, and then serve very hot.

WELSH RAREBIT.

Cut up, in thin slices, a quarter of a pound of good, fresh cheese—we mean not very old, or much dried; put it into a "spider" or sauce-pan, and pour over it a coffee-cupful of sweet milk, stir in a quarter of a teaspoonful of dry mustard, a little pepper and salt and a tablespoonful of butter. Stir this mixture all the time while over the fire. Have ready finely-powdered Boston crackers, and sprinkle them in gradually while the cheese and milk are cooking. As soon as they are stirred in, take the sauce-pan from the fire, and turn the contents into a hot dish and serve immediately.

BAKED IRISH POTATOES.

Boil some good Irish potatoes; when done, mash, season with salt, pepper and butter; mince a large onion fine, mix well through the potatoes, put in oven and brown nicely.

RINGED POTATOES.

Peel large Irish potatoes, cut them round and round in shavings as you peel an apple. Fry with clean, sweet lard in a frying-pan till brown, stirring so as to brown all alike, drain on a sieve, sprinkle fine salt over them, and serve.

EGGS.

To *beat* eggs in the *right* way is a matter of more real importance than one would at first imagine. No cake, pie, pudding or dressing requiring eggs can be made in perfection, even when every thing else is done exactly right,

and the materials are of the very best quality, unless the eggs are fresh and properly prepared.

It is often found difficult to beat eggs in cold weather as light as is desirable, and often quite indispensable; but put them into warm water—not hot, by any means—for a few minutes, and the difficulty vanishes, and the eggs can be beaten as easily and firmly as in warm weather. Wipe each egg quite dry when taken from the water before breaking the shell; for if a drop of water gets to the whites they will beat frothy, and can not be made firm and stiff. Carelessness in this respect may be a cause of failure in many cases. The person who is to beat the eggs will often take her hands out of water, and without wiping them turn to the work next in order—beating eggs—and, perhaps, break them with the water (it may be perfectly clean) dripping off her hands. Or, if the eggs are dirty, she may put them into a basin of cold water—a bad practice, for it chills the whites—and take them dripping from the water, and without wiping break them, and in separating the white from the yolk drops of water will mingle with them. Result: frothy instead of firm whites, and heavy cake in consequence. We have also seen eggs broken into a wet plate, in which a drop or two of water remained, and no beating could make the whites firm, and all in the kitchen were in a state of great surprise. What can be the matter with these eggs?

Yolks of eggs should be beaten first, because they require less time to beat light, and can stand a short time after beating without going back. If one has not a regular egg-beater, a broad three-tined silver or plated fork is the best.

Yolks of eggs should be beaten until they turn from their natural orange color to a light straw color. In beating both yolks and whites, a quick, sharp stroke is necessary, so that the egg will fall over with a thick, soft sound, growing firmer and stiffer with every stroke. If carelessly beaten, they will be of a coarse, frothy texture, instead of a thick cream-like consistency. Whatever they are to be used for, the whites must be beaten the last thing. If more than one or two are required, break and beat them in a large shallow bowl. Beat with a quick firm stroke, cutting through to the bottom from side to side. In this way the eggs will gradually become smooth, then thick, until, as the beating progresses, they will fall over the beater or fork in quick evolutions as if only one closely-knit body. Continue the beating until the whites are so firm and dry that the bowl may be turned bottom-side upwards without the contents running out or falling asunder.

A NICE WAY TO COOK EGGS.

Pour boiling water into a basin, set it on the hearth of the stove, or on the tank, and put the eggs into it; let them remain in it for five minutes; the egg will be cooked enough to be delicious, it will digest easily, and in this way the wonderful elements which go to make up the egg are best preserved.

When done, break and drop on slices of buttered-toast, or put in egg-cups in which you have first put a little lump of butter.

TO BOIL EGGS.

The best way to boil eggs is not to boil them at all. Put them in a tin dish, and pour on them boiling water; cover the dish tight, and set back where the water will merely keep hot; let it stand from ten to fifteen minutes, according to the size of the eggs, or to the preference of the eater for "hard" or "soft." The effect is quite different from that produced by boiling, both the flavor and texture of the egg being so superior to any other way of cooking by means of hot water that those who have tried it will hardly be likely to return to the old way.

ITALIAN MODE OF COOKING EGGS.

Moisten two spoonfuls of flour with four ounces of butter, in a sauce-pan, stirring constantly. When of the consistency of thick butter, thin with a little boiling milk, and season with pepper and salt. Add three ounces more of butter and a little chopped parsley, worked well together. Have ready eight hard-boiled eggs, sliced, and add them to the sauce, and serve hot.

SCRAMBLED EGGS.

Take a piece of butter the size of an egg, one-third of a tea-cup of cream, a small half-teaspoonful of salt, warm together in a frying-pan, have six eggs broken into a dish, but *not* beaten, pour them into the pan, and stir briskly until slightly cooked; if the fire is too hot or they cook too long, they will be tough and leathery. Serve immediately in a hot covered dish. The cream may be omitted, if desired.

RUMBLED EGGS.

This is very convenient for invalids, or a light dish for supper. Beat up three eggs with two ounces of fresh butter, or well-washed salt butter; add a teaspoonful of cream or new milk. Put all in a sauce-pan, and keep stirring it over the fire for nearly five minutes, until it rises up like soufflee, when it should be immediately dished on buttered toast.

FRICASSEED EGGS.

Six hard-boiled eggs, when cold, slice with a sharp knife, taking care not to break the yolk; one cup good broth, well seasoned with pepper, salt, parsley and a suspicion of onion; some rounds stale bread, fried to a light brown in butter or nice dripping. Put the broth on the fire in a sauce-pan with the seasoning, and let it come to a boil. Rub the slices of egg with melted butter, then roll them in flour. Lay them gently in the gravy, and let this

become smoking hot upon the side of the range; but do not let it actually boil, lest the eggs should break. They should lie thus in the gravy for at least five minutes. Have ready, upon a platter, the fried bread. Lay the sliced egg evenly upon this; pour the gravy over all, and serve hot.

STUFFED EGGS.

Boil them hard, cut them in two, remove the yolks, and beat them up with a little grated ham, parsley, pepper and salt to taste; replace this mixture within the whites, cut the under part a little so as to make them stand well on the dish, and serve with white sauce.

MEDICINAL USE OF EGGS.

For burns or scalds, nothing is more soothing than the white of an egg, which may be poured over the wound. It is softer, as a varnish for a burn, than collodion, and being always at hand can be applied immediately. It is also more cooling than the "sweet oil and cotton," which was formerly supposed to be the surest application to allay the smarting pain. It is the contact with the air which gives the extreme discomfort experienced from ordinary accidents of this kind, and any thing which excludes air and prevents inflammation is the thing to be at once applied. The egg is also considered one of the best remedies for dysentery. Beaten up slightly with or without sugar, and swallowed, it tends by its emollient qualities to lessen the inflammation of the stomach and intestines, and by forming a transient coating on those organs to enable nature to resume her healthful sway over the diseased body. Two, or at most three eggs per day, would be all that is required in ordinary cases; and since the egg is not merely medicine, but food as well, the lighter the diet otherwise and the quieter the patient is kept, the more certain and rapid is the recovery.

OMELET.

Measure out one tablespoonful of milk for each egg to be used, and as much butter, pepper and salt as will season to your taste. Beat the eggs separately very stiff; add the yolks to the milk, butter, etc., beating them well together; lastly, add the whites. Stir well, and turn into a hot, buttered sauce-pan. Do not let it get hard, but roll the mixture in the pan, leaving it moist in the middle. It takes but a few minutes to cook; overdone, it will be hard and indigestible.

PLAIN OMELET.

Beat yolks of six eggs and the whites of three till they are very light; take one tea-cup of cream, if you can get it (milk will answer); mix with it very smoothly one tablespoonful of flour; add salt and pepper as you please;

heat your frying-pan, and melt in it a large spoonful of butter; when hot, pour the eggs and cream in, and set in a quick oven. When it is thick enough—which is a matter of taste—pour over it the whites of three eggs, which are beaten to a stiff froth. Let it brown slightly, and then slip it out in a hot dish; this must be done very carefully, so that the whites of the eggs will be on the top. This dish may be varied by beating the six eggs all together, and then adding the cream, etc. A good rule as to quantity is to use one egg for a person.

BAKED OMELET.

Beat the yolks of six eggs till foamy, and stir them into a cup and a half of sweet milk, a little salt and pepper, and a tablespoonful of flour rubbed smooth in a little cold milk; lastly, add the whites beaten very stiff. Pour all into a hot, buttered pan, and let it boil until it thickens, stirring all the time. As soon as it is thickened, pour into an omelet or baking dish, and brown in a quick oven.

CHEESE OMELET.

Butter the sides of a deep dish, and cover with thin slices of rich cheese. Lay over the cheese thin slices of well-buttered bread, first covering the cheese with a little red pepper and mustard; then another layer of cheese. Beat the yolk of an egg in a cup of cream (milk will do), and pour over the dish, and put at once into the oven. Bake till nicely brown. Serve hot, or it will be tough, hard and worthless.

PASTRY.

APPLE-CUSTARD PIE.

Three cupfuls of stewed and strained apples, into which beat one cupful of sugar—or, if the apples are very sour, add more sugar; six eggs, beaten very stiff, and then beat it also with the apple, which, by the way, must be set aside to cool before adding any thing. Season with nutmeg and *very* little clove, and stir in, the last thing, slowly, one quart of new milk. Bake immediately. If left to stand a few minutes the sour apples will curdle the milk. Only a bottom crust will be needed.

Another Way.—Grate twelve large sour apples. Sprinkle in an even teaspoonful of salt, half a nutmeg, a very little cinnamon, and sugar enough to

sweeten to your taste. Add three well-beaten eggs, one tablespoonful of butter, the grated rind of half a lemon, if that flavor is relished, the juice of one orange, and a pint of rich cream, or milk, if cream is not convenient. In that case, add half a tablespoonful more of butter. Line the plates with rich paste, which should be all ready before the cream is put to the apple. Pour in the custard, and put strips of crust across the top. Bake a light brown, and sift sugar over when done, if liked. If only one pie is wanted, take fewer apples and less cream.

MINCE–PIE.

Fill a four-gallon porcelain-lined kettle with finely-chopped apples and meat—two parts apples and one of meat. Add three pounds of English currants, and the same of raisins; molasses, sugar, and spice to suit the taste. Put to this enough cider to moisten it. Let it stand on the stove, to cook slowly, till thoroughly cooked; then put into a stone jar and set in a cool place. When pies are made, fill the plate as full as needed, and put pieces of butter over each pie. Bake without top-crust; for the top-crust should be nice puff-paste, and be baked separately, and laid over when the pie is done.

ORANGE–PIE.

Grate the rind of one and use the juice of two large oranges; beat the yolks of four eggs very light into two tablespoonfuls of butter and one heaping cup of sugar, and put to the juice; add a little nutmeg. Beat all well together. Cover the pie-dish with a thick paste, and pour this mixture into it, and bake in a quick oven; when done so it is like a finely-baked custard, add to the whites of the four eggs two tablespoonfuls of white sugar and one of orange-juice. Cover this over the pie, and set back into the oven till a light brown.

PUMPKIN–PIE.

Cut a solid pumpkin in quarters, remove all the seeds, then bake until soft. Pumpkin is much sweeter baked than stewed, and not so watery. When done, scrape out all the meat and rub through a colander. To every quart of the pumpkin put one quart of rich milk and a cup of rich sweet cream, two tablespoonfuls of molasses, and sugar to sweeten to your taste. Mix in a teaspoonful of salt, half a teaspoonful of cinnamon, one teaspoonful nutmeg, two teaspoonfuls of ginger, and the yolks of three well-beaten eggs. Beat all well together, leaving no lumps of spice, and lastly add the whites of the three eggs beaten very stiff. Line a deep plate with rich paste, wet the edge and lay two strips of the paste around, then fill with the pumpkin and bake till you can put a knife-blade in the center without its running.

MINCE-PIE WITHOUT WINE OR BRANDY.

Get four good-sized beef-tongues fresh from the butcher's, soak an hour in cold water, then rub in salt and put into boiling water. Let them boil till quite tender. Take them up and remove the skin. When cold, chop very fine. Chop two pounds of best sweet kidney suet very fine, and while chopping be careful and free it from any skin or stringy bits. While the tongues are boiling—and cooling—let all else that is needed be prepared ready for use as follows:

Take five quarts of sweet cider, right from the mill, if possible. Put it into a porcelain-lined kettle that has no crack or flaw in the lining; if not, a thoroughly scoured and clean brass kettle or new tin kettle. Boil the cider down to two quarts. Or if you can not get sweet cider, take two quarts of currant or grape juice—that which was canned when the fruit was just ripe (if the pies are made after fruit season)—one quart of good syrup (maple syrup is best), and if you have any syrup left over from spiced sweet pickles, add an equal proportion of that. Boil all down at least one-half, or till ropy. Just before it has boiled enough, put in two ounces or four tablespoonfuls of butter.

While the syrup is boiling, seed and cut in two as you seed four pounds of fine, fresh-looking raisins. Pick over, wash and dry three pounds of currants, or, what we much prefer, sultana or stoneless raisins. Slice very thin and cut in half-inch pieces, a pound of citron, half a pound of candied orange-peel, four quarts of the best tart apples chopped very fine, to be measured after chopping. Put this fruit into a large wooden or earthen bowl, add three tablespoonfuls of cinnamon, one of cloves, one of ginger, four grated nutmegs, if liked, the grated rind of two lemons, one tablespoonful of salt, one teaspoonful of allspice, and three pounds of sugar, and stir all together. When the meat and suet are chopped, put them in with the fruit, and with the hands work all together very thoroughly. Add the juice of two lemons and four oranges (strained), and mix with this compound, then stir in the boiled syrup. If there is too much, so that the meat will be too juicy, bottle it for future use. Mix the meat, seasoning and syrup well together, and put all together into a perfectly clean porcelain or brass kettle, and let it all boil for twenty minutes. Before taking off from the stove, taste and see if more seasoning is needed, and add to suit your own taste.

No brandy or wine can make a better quality of mince for pies than this. It will keep for months. Pack in stone jars and keep in a cool place. When perfectly cold, pour molasses over the top so as to thoroughly cover it, and cover tightly.

When needed for pies, take out what is needed for one baking, put a few whole raisins into each pie, and bits of butter over the top. Taste and learn if, after standing so long, any more seasoning is needed. If not moist enough,

for by long standing the meat and fruit will have absorbed a large amount of the liquid, add some of the syrup that was bottled, and put aside. It is well always to prepare more syrup than seems needed at first.

Beef-tongues are the best for mince pies, but the neck piece will make good pies, and is cheaper, or seems so, but if one deducts the bones, gristle, and stringy parts, it will be seen that the best is usually the most economical in the end.

Save all syrups from canned fruit, and if a small portion of preserves or jelly of any kind is left over it can be used for mince pies to their improvement, and is an economical way of using remnants that are too small for the table. When the mince is first made, if all the remnants left in jars of sweet pickles, preserves or jellies, are gathered together and put into this compound, it is a saving, because it will take the place of part of the raisins, candied rinds, etc.

The lean meat left from steak, or a roast chopped fine and freed of all gristle and stringy parts, answers very well for mince pies, but we should prefer to use all cold meats for breakfast hashes, and buy fresh meat for pies. There is nothing saved by using such scraps, but the pies lose a good deal.

Beef's-heart, well boiled, will make an excellent mince for pies, and is not as expensive as beef's-tongue.

CHESS–PIE.

Beat the yolks of five eggs, very light, with one cup powdered sugar, to a stiff, white foam; then beat, very light, three-fourths of a cup of butter, and beat all together till like stiff cream. Get them all combined as quickly as possible. Flavor with vanilla or whatever flavor is most agreeable. Have a pie-plate lined with nice crust before preparing the filling, and bake immediately. A very little delay, after all are beaten together, will ruin the pie. It will rise very light. While it is baking, whisk the whites of the eggs as stiff as possible, and sweeten with a little sugar, while beating, flavoring slightly with the same, used in the contents of the pie. As soon as baked a delicate brown, spread over the pie the stiff whites, and return to the oven, to be very slightly colored. As soon as removed from the oven, cut the pie into desirable pieces—for, strange as it may seem, if cut after it is cool, it will fall and become heavy.

CUSTARD–PIE.

Three eggs beaten well, two-thirds of a coffee-cup of sugar, a pint of sweet milk, flavor; add a little butter after it is poured into the pans. This makes two pies.

DRIED APPLES AND RHUBARB FOR PIES.

Insipid dried apples may be made quite palatable for pies or sauce by putting about half pie-plant with them. That supplies the acid that the

apples lack, and it does not take nearly as much sugar for the pie that is needed if the plant alone is used, and many people like the pies just as well as those made entirely of pie-plant.

CREAM—PIE.

Sweeten and flavor one quart of rich cream to suit the taste, have a plate lined with nice crust as for a custard-pie, beat the whites of two or three eggs very stiff, and stir into the cream, pour into the crust, and bake as long as a custard. This pie should stand in a cool place or on ice till perfectly cold.

PUFFS FOR DESSERT.

Puffs for dessert are delicate and nice; take one pint of milk and cream, the whites of four eggs beaten to a stiff froth, one heaping cup of sifted flour, one scant cup of powdered sugar; add a little grated lemon-peel and a little salt: beat these all together till very light, bake in gem-pans, sift pulverized sugar over them, and eat with sauce flavored with lemon.

PUDDINGS.

ECONOMICAL PUDDING.

Two well-beaten eggs, one and a half cups of suet, finely chopped, two cups raisins, one cup dried whortleberries, four cups flour and one and a half cups molasses. Mix all well together, adding the fruit, well floured to prevent sinking, the last. Salt and spice to taste. One teaspoonful soda thoroughly dissolved added the last thing. Beat well together and boil three hours. Eat with boiled sauce or hard sauce.

BROWN BETTY.

Scald two tea-cupfuls of bread-crumbs in a tea-cupful of rich milk. Mix with them two tea-cupfuls of chopped apples, one cup of sugar, a little spoonful of melted butter, a teaspoonful of ground cinnamon and a little salt. Bake in a quick oven half an hour, and serve with cream and sugar, or a sweet sauce made as follows: Two-thirds of a cup of molasses; fill the cup with water; put in butter the size of an egg, and boil five or ten minutes.

PUFF PUDDING.

Put the yolks of four eggs to one cup of sugar, and beat them together to a froth; put in a scant half-cup of milk, and just enough flour to make a

very thin batter, a little nutmeg or vanilla, then lastly add the whites, made very stiff. Bake in a quick oven twenty minutes, and eat with hard sauce.

CREAM PUDDING.

Beat together half a pint of cream, an ounce and a half of sugar, the yolks of three eggs and a little grated nutmeg. Beat the whites stiff, and stir in the last thing—stirring lightly. Sprinkle some fine crumbs of stale bread over a well-buttered plate, about the thickness of common pastry. Pour in the beaten eggs, cream and sugar, and cover the top with more fine bread-crumbs and bake.

FRUIT PUDDING.

Half a cup of butter, one egg, beaten with the butter, one cup of molasses, one of brown sugar, two-thirds of a cup of milk, one teaspoonful cinnamon, one nutmeg, half a teaspoonful of cloves, half a cup of currants, half a cup of raisins, well floured, one teaspoonful of yeast-powder, sifted in with two and a half cups of flour. Stir the flour in gradually, and beat all thoroughly together. Pour into a buttered tin-pan. Set in a steamer and steam one hour.

To be eaten with hard sauce, or any other kind most agreeable.

In the South the juice of the orange is often used in sauces, and to our taste is much to be preferred to lemon.

CHOCOLATE PUDDING.

Three tablespoonfuls of sugar, four tablespoonfuls corn-starch. Dissolve two and a half tablespoonfuls of grated chocolate in hot water; scald one quart of milk by putting it into a boiler over boiling water or in a milk boiler. Dissolve the corn-starch in a little scalded milk, and before it thickens stir in the dissolved chocolate. Keep all in the boiler, stirring constantly, until sufficiently cooked. Use with cream, or a saucer of butter and sugar stirred to a cream; or,

Scald one quart of sweet milk and three ounces of grated chocolate together, and when cool add one cup of sugar and the well-beaten yolks of five eggs. Beat the whole thoroughly together and bake. When done, spread over it the well-beaten whites of five eggs, with five tablespoonfuls of white sugar beaten with them, and set in the oven to brown; or,

Boil one pint of milk and three ounces or four tablespoonfuls of grated chocolate. Add to this half a cup of butter and one cup of sugar. Stir all together, and pour over two slices of bread soaked soft in water. When cool, add the well-beaten yolks of four eggs; bake, and when done have ready the whites of the eggs beaten stiff with four tablespoonfuls of white sugar. Spread them over the pudding, and brown in the oven. Serve hot or cold, to suit the taste.

INDIAN PUDDING.

Pour enough boiling water on two cups of meal to wet it thoroughly; then add one-half cup of butter, well beaten with one cup of sugar, to a cream; two well-beaten eggs, a little salt, two cups of milk, two tablespoonfuls of molasses, nutmeg and cinnamon to suit the taste; one tea-cup of stoned raisins, slightly chopped; bake slowly three hours. If preferred, use two-thirds of a cup of finely-chopped suet instead of butter; instead of raisins, a cup and a half of dried whortleberries are very nice, or two cups of finely-chopped sweet apples instead of any other fruit is excellent; or,

BAKED INDIAN PUDDING.

Scald three pints of fresh milk, into which, when hot, stir gradually one pint of sifted Indian meal. Don't let it lump when stirred in; add one tea-cup molasses, ginger and salt to suit the taste, and a little chopped suet if desired. Bake moderately from six to eight hours. If the meal inclines to settle when it begins to bake, stir it up from the bottom a few times. If mixed, just right it will not settle. When done, it should be of a deep reddish color. Or stir into two quarts scalding-hot milk, one cup and a half yellow Indian meal, one tablespoonful, or less, of ginger. Let it stand and soak in the scalded milk half an hour; then add one cup molasses, two eggs, a piece butter size of a walnut. Bake two hours. This receipt is much improved with whortleberries or raisins, and, if liked, apples. But with this change add a cup of suet cut in small pieces, and all stringy parts removed. Or into one pint scalded milk stir a scant half-pint of Indian meal and one cup of molasses, stir well, and leave to cool. When cold, add six sweet apples, chopped, one cup chopped raisins or whortleberries, one cup suet, chopped, teaspoonful salt, one teaspoonful of ginger, one of cinnamon. Bake four hours.

BOILED INDIAN PUDDING.

Scald one quart of sweet milk, and while boiling stir in sufficient corn-meal (yellow is best) to make a thick, but not too stiff batter; add salt to taste. Remove from the fire, and stir till cool. Pick over half a pound of beef-suet, removing all that is stringy, cut into pieces the size of a chestnut, and stir into the meal when half cooked. Beat two eggs, and add with two tablespoonfuls sugar and two of molasses. Season with ginger and cinnamon. Wet the pudding-bag in hot water, flour it, and fill half full with the mixture; tie it tight close to to the top of the bag, as the pudding will swell. Boil five hours. Dried whortleberries added, say two tea-cupfuls, or stoned raisins with four sweet apples chopped fine, are a great improvement; or, if a little acid is liked, four sour apples, instead of sweet, chopped fine, would make it sufficiently tart. Serve with cream or hard sauce.

STEAMED APPLE PUDDING.

Sift with one pint of flour one teaspoonful cream tartar, rub in two tablespoonfuls of butter—scant; dissolve half teaspoonful soda in cold milk, and stir into the flour, adding enough more milk to make the dough too soft to roll. Spread one-half of the dough with a spoon over the bottom, and press it up the sides of a somewhat shallow dish or pan. Pare and slice three or four large, fine-flavored, tart apples, and spread them over the dough. If the apples are very acid, a little extra soda will insure greater lightness. Cover all with the remaining dough.

Berry puddings are excellent made in same way, only stir the berries into the dough. Steam till fruit and dough are done. To be eaten with any sauce that is liked.

APPLE DUMPLINGS.

Put into two cups of flour one-half a teaspoonful baking-powder, and sift them together. Chop very fine half a pound of best suet, freed from the skin, sprinkle over it a little salt, and stir the suet into the flour, and wet with one tea-cup of cold water; mix into a smooth and rather firm dough. Line six cups well buttered with the paste rolled out thin, wetting the edge. Peel, core and slice six tender sour apples, cover the apples with a cup and a half of sugar, fill the cups with the apples, then cover the tops of the cups with paste. Set the cups in a stew-pan large enough to hold them, into which put enough boiling water to reach to the middle of the cups. Steam them thus forty-five minutes, then turn them from the cups to a dish, sift sugar over them, and serve with spice, sauce, or any that is agreeable.

APPLE DUMPLINGS (NO. 2).

Put to three cups of flour half a teaspoonful of baking-powder; sift them together; cut into the flour half a cup of sweet lard; mix with a knife into a smooth, firm paste with one tea-cupful of cold water. Set on ice or in a very cool place fifteen minutes. While the pastry is getting cold take one and a half cups of butter, and extract the buttermilk and salt by pressing it in a clean towel, then flour it. Now take the dough and roll out on a smooth, well-floured board; place the butter on it, and fold the dough over it, so as to cover all the butter. Roll out lightly to a half-inch thickness; turn it over; fold each end to the middle, flour it, roll out again; again turn over, fold each end to the middle, flour and roll out. Repeat this three times more, and use. (If made in summer, this paste should be put on ice between each folding and rolling.) Peel and core eight fine-flavored, tender apples, and fill the center when the core is removed with sugar. Roll out the pastry thin, cut it into eight squares of four inches, lay an apple on each square, wet the four corners of the pastry, and bring them together at the top of the apple, and fasten by lapping each edge over the other and

pressing together. Sift sugar over, lay in a baking-sheet, and bake in a hot oven twenty-five minutes. Serve with hard sauce.

BERRY OR FRUIT DUMPLINGS.

Sift two teaspoonfuls baking-powder with one quart of flour; rub to it two tablespoonfuls of butter, half a teaspoonful of salt, make it into a soft dough with milk or water, roll out thin, spread with any berries or fruit, roll up, tie in a cloth and place in a steamer or boil in a mold; or make the crust in small circles, spread with berries, fold together and bake or boil.

To make it into a softer pudding make a thin batter, add three well-beaten eggs, and pour into a well-buttered mold and boil.

SWEET-POTATO PUDDING.

One pound of sweet potato, boiled in a little water; when done, take them out, peel them, and mash very smooth; beat eight eggs very light; add to them half a pound of butter (creamed), half a pound of sugar (granulated), half a teaspoonful of powdered cinnamon, a very little nutmeg, one wine-glass of rose-water or wine, one gill of sweet cream; stir all well; then add the sweet potato, a little at a time; mix all together, stirring very hard; then butter a deep dish, put in the pudding, and bake three-quarters of an hour.

HARD SAUCE.

Beat one cupful of sugar and half cupful of butter to a light cream; add the whites of two eggs, well-beaten, and a tablespoonful of orange, lemon, currant or any other juice, with such seasoning as is agreeable. Beat all together a few minutes. Set on the ice to harden till needed.

SPICED SAUCE.

Boil three-fourths of a pint of water and one cupful of sugar together twenty minutes, remove from the fire, and stir in one teaspoonful each of the extract of mace, cloves and ginger.

PUDDING-BAGS.

Pudding-bags should be made of stout domestic or white flannel, tightly sewed, and the seam left on the outside. Wring it out of hot water, and flour it well on the *inside* before putting in the batter. Leave a space of nearly one-third for it to rise; tie tightly. Insert a small plate in the bottom of the kettle, set the pudding on it, and have enough boiling water to cover it; put a cover over the kettle; do not let the water stop boiling as long as the pudding is in it, or it will be heavy. When taken out, dip it in cold water, pulling the open end back, over the pudding, letting it slip out without breaking.

CREAMS AND CUSTARDS.

TOMATO CUSTARD.

This is said to be excellent for consumptive people; we know nothing of its curative virtues, but give by request what is called a good receipt. We have never made it.

Stew nice ripe tomatoes with care, then strain through a coarse sieve or strainer. Beat four eggs and two spoonfuls of sugar together, stir two pints of milk to one pint of the strained tomatoes, add the eggs and bake quickly in small cups.

We should think, to be at all palatable, this would require much more sugar, but this is the only receipt we have ever seen for tomato custard.

WHIPPED CREAM.

A very delicate whipped cream can be made as follows: Put a pint of fresh cream into a bowl; add to it four tablespoonfuls of powdered sugar, ten drops each of lemon, vanilla and bitter almond essence, and whip it with an egg-beater or cream-whip until the surface is covered with a thick froth; then let it rest for one minute, remove the froth with a skimmer, and put it in a colander set over a dish; again whip the cream until the froth rises, and remove it as before, placing it in the colander; continue to repeat this process until no more froth will rise, when use the cream. If the whipped cream is allowed to stand for two or three hours in a cool place, it will become quite firm enough to use for Charlotte-russe.

ICE-CREAM.

Mix four tablespoonfuls of corn-starch with a little milk. Heat two quarts of fresh milk to almost boiling, but do not boil. Beat up three eggs and mix the corn-starch and egg well with the hot milk, add about twelve tablespoonfuls of sugar, and set away to cool. Just before freezing, flavor to taste with the best lemon or vanilla. A cheap freezer may be made as follows: Have made a tin pail five inches in diameter and nine inches high, provided with a bail and cover; get a common wooden pail for the ice; have fitted to the top of your pail a cover and weight to hold your freezer in the ice after it is frozen. In freezing, first place your tin pail containing the cream in the wooden pail, pack around it finely-pounded ice three inches deep, sprinkle liberally with coarse salt, add more ice and more salt until the pail is full; move your freezer occasionally, or it will freeze fast. After your ice is in, keep the tin pail turning until the cream is frozen, which will be in about twenty minutes, if at times you cut the cream from the inside of the freezer

with a thin strong paddle made for the purpose. By adding a little more ice and salt after freezing, the cream may be kept all night held down by the cover and weight. The freezing may be hastened by stirring the ice occasionally.

SPANISH CREAM.

Beat the yolks of six eggs, add six tablespoonfuls of sugar, beat thoroughly together, and pour into one quart of new, rich milk, and scald just long enough to make into a soft custard. Before making the custard, have three-fourths of an ounce of gelatine dissolved in half a pint of water, and when thoroughly dissolved pour the custard while hot into it; add such flavoring as is most relished. Strain the custard and gelatine, and pour into molds and set on ice. While it is cooling and forming, make little cakes of the whites of the six eggs, three and a half cups of flour, two of sugar, one of butter, one of milk, and two teaspoonfuls of baking-powder sifted in with the flour. The butter and sugar must be beaten together till very light; then the milk added, then the flour and baking-powder; the well-beaten whites of the eggs added the last thing. Use such spice as you prefer. When baked, put the cakes on the top of the cream when it is ready for the table.

CHARLOTTE-RUSSE.

Put half a cupful of sweet milk into a farina-boiler, with boiling water in the outer kettle, and add one-fifth of a package of gelatine. Set over the fire and stir gently until the gelatine is dissolved. Then take from the fire, pour into a dish and set aside to cool. Then whisk one pint of thick, sweet cream with an egg-beater till it is thick; flavor and sweeten to suit the taste. When the gelatine is cold, strain carefully into the cream, put a lining of lady's-fingers round a mold, and fill it with the cream. Cover the top with any fanciful device you choose, and ice it, or simply cover with lady's-fingers; or,

Dissolve one-third of a paper of Cox's gelatine in a tea-cupful of hot milk. Beat the whites of four eggs to a stiff froth, and add three tablespoonfuls of powdered white sugar; stir the eggs and sugar into half a pint of cream. When the gelatine is dissolved and about milk-warm, stir all together and set it aside to cool. Line a mold or any simple dish—a common bowl if you choose—with pieces of sponge-cake or lady's-fingers, and pour this mixture into it. Set it in a cool place, or into the ice chest, and, when needed, lay a plate over the bowl and turn the Charlotte-russe on it. Flavor with vanilla or any other extract or flavor best liked; or,

Dissolve three-fourths of a paper of Cox's gelatine in a gill of hot milk. Put one tea-cup of powdered loaf-sugar into one pint of rich cream, and when

the gelatine is dissolved and the cream quite cold, stir all together and set aside to congeal or thicken. Line a mold with lady-fingers or sponge-cake, and, when the cream has thickened, pour into the mold and set in the ice-chest till wanted; then turn into a dish and sift sugar over. Flavor to suit taste.

This receipt has no eggs. We have never tried it, but are told it is excellent.

Or, make a pint of calf's-foot jelly; when clarified, sweeten with half a pound of loaf-sugar. Whip one pint very rich sweet cream till quite stiff, add the grated rind of one lemon, and the juice of two. When the jelly is lukewarm, mix all together and pour into forms or molds.

TAPIOCA CREAM.

Soak one cup tapioca over night. In the morning put the tapioca in one quart of milk; as soon as the milk comes to the boiling point have ready the yolks of three eggs well beaten into a cup of sugar, and stir in; let this cook just long enough to thicken; if cooked too much it will whey and be spoiled. Have the whites ready beaten to a stiff froth, and stir just as you remove the cream from the fire; or, after the tapioca custard is put into the dish, the whites may be placed on top irregularly, and just browned.

MARMALADE FROM MIXED FRUITS.

Take two pounds each of plums, pears, apples and cherries. Pare, core, remove the pits, and stew together till perfectly tender, using as little water as possible—none at all if the fruit is very juicy. It should be cooked slowly in an earthen or porcelain kettle. When tender, rub through a sieve, add half a pound of sugar to every pound of the pulp, then boil steadily till quite stiff, taking great care that it does not scorch. When quite stiff, take from the fire, let it cool a little—enough to harden partially—then cut in diamond shape an inch or two long, and set aside for dessert uses.

ORANGE DESSERT.

Peel half a dozen fine oranges; cut in thin slices, removing all the seeds; sift over them a cup of pulverized sugar. Then boil a pint of rich milk; when scalding hot, add the yolks of three eggs beaten to a foam, and one teaspoonful corn-starch, first rubbing to a smooth paste in a little cold milk. Stir it to the milk, and stir *one way*. When thick, pour over the sliced oranges. Beat the whites of the eggs stiff; add a teaspoonful of powdered sugar. Put this icing over the orange in irregular heaps; place in the oven to just brown delicately. To be eaten with cake.

CAKE.

Cake, especially that baked in *layers*, will sometimes shrivel up when taken from the oven—when not quite stiff enough—or if the whites of eggs are allowed to stand after being beaten. They will then "go back" and be watery underneath, and that injures the cake.

JENNY LIND CAKE.

One pound pulverized sugar, one pound flour, seven ounces butter, five eggs, one tea-cup sweet milk, one even teaspoon soda, three of cream of tartar. Stir butter and sugar to a cream, then add the yolks of the eggs well beaten, next the milk, then the flour in which the cream of tartar has been sifted, after this the whites of the eggs beaten to a stiff froth, and last the soda, dissolved in a teaspoon of cold water. Three even teaspoons of baking-powder may be used in place of the soda and cream of tartar, and should be sifted in the flour. This receipt makes excellent layer-cakes, and will make two loaves of layer-cakes or one layer-cake and a bar tin. For a chocolate-cake make an icing not quite as thick as plain icing. Flavor with vanilla, and stir in grated chocolate.

A GENUINE LOAF-CAKE.

Take three pints of sifted (and well-heaped) flour, a pint of soft butter, one quart of sugar, five gills of new milk, half a pint of yeast, three eggs, two pounds of raisins, a teaspoonful of soda, a gill of brandy or wine, two teaspoons cinnamon and two of nutmeg. Scald the milk, cool to blood-warm, add the yeast, then the flour, to which all the butter and half the sugar have been added; then mix together, and let rise until light. It is better to set this sponge over night, and in the morning add the ingredients (flour the raisins), and let rise again. When light, fill the baking-pans, and let rise again. Bake in a moderate oven. This recipe makes three large loaves, and is a standard, economical loaf-cake.

ANOTHER LOAF-CAKE.

Two cups sugar, one cup of butter, three and one-half cups flour, one scant cup sweet milk, five eggs, one heaping teaspoonful baking-powder; beat the whites of two eggs to a stiff froth, add half a cup of pulverized sugar, six tablespoonfuls grated chocolate, two teaspoonfuls vanilla. After putting this on the top of the cake, set it in the oven to harden.

CHEESE-CAKES.

Beat the yolks of eight eggs very stiff, add eight ounces of sugar, finely powdered and sifted, and eight ounces of sweet almonds, beaten fine or powdered. Beat all together carefully till very white. Line small patty-pans with thin paste. Immediately before putting them into the oven melt a piece of butter the size of a walnut and add to them. Fill the patty-pans two-thirds full, and bake immediately. If the oven is too hot they will fall when taken out; or,

Press the whey from as much curd as will fill two dozen small patty-pans; then put the curds on the back of a sieve, and, adding half an ounce of butter, rub them through with the back of a silver or wooden spoon. Now add the well-beaten yolks of six eggs, the whites of three eggs beaten stiff, and two pounds of powdered sweet almonds, among which there may be one or two bitter ones if that flavor is desired. Add as much sugar as will make the curds as sweet as is liked; mix with it a wine-glass of orange-juice, in which the rind of an orange has been boiled a few minutes. Beat gradually together, and when thoroughly blended fill the patty-pans, baking fifteen or twenty minutes.

DROP-CAKES.

One cup butter, one and a half of sugar. Beat to a feathery cream; add three well-beaten eggs, then a cup of milk. Sift a full teaspoon of baking-powder with three cups of flour. Beat all to a smooth batter, and flavor with spices to suit the taste, or with vanilla or lemon. Drop with a spoon into well-buttered, fancy cake scallops, or three inches apart on a well-buttered baking-pan. Drop a few currants, if liked, on top, and bake in a hot oven ten minutes.

HICKORYNUT-CAKE.

Beat one and a half cups of sugar and half a cup of butter to a stiff cream; add three-fourths of a cup of sweet milk and two cups flour, two teaspoonfuls of baking-powder and the whites of four eggs, and add one cup of broken hickorynut meats the last thing. Bake one hour in a well-heated oven, but not too hot; or,

Two cups white sugar and one of butter or cream; then add one cup new milk, four cups sifted flour, one tablespoonful vanilla, if liked, or spice with nutmeg and cinnamon; stir three teaspoonfuls baking-powder into the flour thoroughly before putting it to the milk. When all these ingredients are well mixed, sprinkle flour over one and a half cups of hickorynut meats (broken up pretty fine), and add the last thing with the whites of eight eggs, beaten stiff. Bake slowly one hour.

NEW-YEAR'S HICKORYNUT-CAKE.

Stir one pound of sugar, three-quarters of a pound of butter, to a thick cream. Put two teaspoonfuls of cream of tartar to one pound of flour, and sift

them together, and then stir to the sugar and butter, adding one-half cup of sweet milk in which one teaspoonful of soda has been well dissolved, so that no little grains remain. Beat yolks of six eggs and put in, beating all together till the cake looks light and clear; then flour a half pint of hickory-nut meats and beat in; last of all add the whites of the eggs, beaten till they look like snow. Bake in a well-heated oven, but not in a quick one. This cake is excellent.

SUGAR COOKIES.

Four eggs, two cups of granulated sugar, one and a half cups of butter, one level teaspoonful of soda and two of cream-tartar; flavor as liked, and use enough flour to mix soft; roll out, and before cutting into cookies sprinkle with granulated sugar, and roll over once with the rolling-pin; then cut out and bake.

CUP–CAKE.

Four eggs, two cups sugar, one scant cup butter, one cup milk, one small teaspoonful soda, two of cream-tartar.

Beat the whites and yolks separately. Beat the sugar and butter very light, then add the eggs and other ingredients, and stir in flour just enough to stiffen. The flour should be used with good judgment, as there is great difference in the quality. Three cups of flour is the prescribed quantity, but Mrs. P.'s cook used less, and her cup-cakes can not be beaten by any one.

SPICED–CAKE.

One cup butter, one cup sugar, beaten together to a cream. Two eggs well beaten, one teaspoonful ginger, one teaspoonful of cinnamon, one of cloves, half a nutmeg, one cup of water or milk, flour to make as thick as pound-cake, and one teaspoonful soda beaten into one cup of molasses till it foams, and poured into the batter the last thing. If adding the molasses makes the batter too thin, add more flour. Put into a well-buttered pan immediately, or into cake-cups, and bake till well done, but not scorched or dried. Less time is required to bake in cups than in a cake-pan.

A SIMPLE LUNCH–CAKE.

Beat to a cream a cup and a half of butter, and the same quantity of granulated sugar. Beat three eggs very light, and add to the above when well creamed. Sift with four cups of flour two teaspoonfuls of baking-powder, add to the butter, sugar and eggs a cup and a half of milk, and a half teaspoonful of mixed spices. Beat in the flour very smooth and free from lumps. Pick over and flour two cups of currants or sultana raisins, and add to the batter. If it is too thick, add a little more milk to make a light batter. Bake in buttered cake-pans. If baked in one cake it takes

an hour in an evenly-heated oven, not scorching hot. If in two cakes, half an hour will be sufficient.

FAIRY GINGER-BREAD.

Beat one cup butter to a light cream, adding two cups sugar, gradually. When very light, add one tablespoonful ginger. Have ready dissolved three-fourths of a teaspoonful soda, and, when the butter and sugar are like foam, pour one cup sour milk to it, and stir in enough flour to make a batter just stiff enough not to run off the sheet-iron, on which it should be baked. There are sheets of tin or iron made on purpose to bake such fairy things on. They must be evenly buttered, and the batter spread on as thin as a wafer. Bake in a moderate oven till a clear brown. The moment it is taken from the oven, while still hot, cut into squares with a thin case-knife. Hot cake or loaf of bread can be cut while hot, without injury, if the knife is held in boiling water till *very hot;* wipe dry; and, while hot, cut bread or cake as desired.

A large dishful can be made with the quantity of material here given, and if the receipt is strictly followed it is delicious. If one has no sheets, turn a large bake-pan bottom up, wash very clean, wipe dry, butter and spread the batter on this. This will answer only when the mistress is perfectly sure her cook keeps clean the *outside* of the dish.

PARIS-CAKE.

One pound of butter, one pound of pulverized sugar, one pound of well-sifted corn-starch, whites of twelve eggs, yolks of eight eggs. Beat the yolks of the eggs thoroughly; add the sugar and beat well again; then add the well-beaten whites of the eggs, then the corn-starch, and lastly add the melted butter very gradually; beat all well together. Bake one hour.

SOFT GINGER-BREAD.

Put one teaspoon of salt into two quarts of flour, and one teaspoon quite full of soda; then sift them with the flour together. Beat one cup of butter to a cream, and then beat to it one cup of fine brown sugar, two teaspoonfuls of ginger. Pour this, when well beaten to the butter, into the middle of the flour. Stir one full cup of sour milk to the same quantity of molasses; when well combined, pour this into the flour, and mix as quickly as possible to a *soft dough.* Have on hand more sour milk, to be poured in quickly if the molasses and milk does not make it soft enough. Spread the dough on a tin sheet, or drop into gem-pans, or patty-pans; set into a baking-pan; sprinkle fine brown sugar over the top, and bake crisp, taking care not to scorch it; or,

One cup of molasses, one cup of sugar, one cup of sweet milk, half a cup of butter, one egg, two teaspoonfuls of baking-powder; ginger and raisins to

suit the taste. Stir in flour enough to make a soft batter, not as thick as ordinary cake. Bake slowly.

GINGER-SNAPS.

Put a pint of New Orleans molasses on the fire, add to it a great spoonful and a half of ginger and a tea-cupful of cream. Let all boil together three minutes; then beat in a teaspoonful of soda, and set it all aside to cool. When cool, mix in flour enough to make a stiff dough. Roll thin. Cut small and bake crisp and brown.

HARD GINGER-BREAD.

Take one cup of molasses, one teaspoonful of saleratus, one of ginger, one tablespoonful of butter or lard. Stir this all together. Then pour on one cup of boiling water, and stir in flour enough to make a thin batter. It is important that the water be boiling when poured on, and that the whole be beaten constantly and thoroughly while adding the flour, taking care that no lumps are left in. Bake about an inch thick on a sheet of tin or sheet-iron.

MOLASSES-CAKE.

Two cups of New Orleans molasses, four cups of flour, one cup of water, one cup of butter, one egg, two teaspoonfuls of soda, one orange; grate the peel, put that in, and also the juice and pulp.

CANNING FRUITS.

When preparing to "can" or preserve fruits or vegetables, the first step is to examine carefully all the vessels for holding them that were left over from last year's stores; and if more are needed, select those most trustworthy out of the large variety of new patents offered for sale every year. Every can or jar that has been emptied should be thoroughly cleaned, scalded and dried. Each stopper or cover should also be cleaned, it having been tied on, or in some way fastened to, its own jar or can when emptied. If this has been done, it will not be much trouble to get them ready for use when needed. There are not many tin cans that are fit to use for the same purpose the second year, because most are soldered, and only opened by cutting. They need not be wasted, however, but can be made useful as pails, sauce-pans, drinking-cups at picnics, and many other ways, according to their size, by simply cutting the top off evenly all round with "tinner's"

shears, or some old pair of little value. Then, with a pair of nippers, turn the sharp edge inward over a piece of wire, and with a small hammer pound it down smoothly. Punch a hold equi-distant on either side, and fasten in a strong wire for a handle, and you have a neat sauce-pan, or, if without the "bale," a cup. A tinsmith would, perhaps, for the price of one new can, bind the tops of a dozen old ones, put on the "bales" and solder on tin handles, and make, no doubt, a neater job of it than a novice could; but by a few trials one can learn to do this without any help from a smith, and with no expense. There are a hundred ways in which cast-off tin cans may be used with much comfort and economy; indeed, one could almost set up housekeeping with the tin cans that are thrown into the ash-barrels.

For almost every purpose we much prefer glass or stone jars to tin cans. They are less trouble to fill, needing no soldering, can not get rusty, and if well cleaned and dried when put away will not get musty. Some recommend lining tin cans, when discolored or rusty, with writing-paper just before using. We would not be willing to try this, on account of poisonous substances sometimes used in preparing white paper. With glass there is no danger. With stone none, unless imperfectly glazed. That is a point to be carefully examined before using; for if the glazing is cracked or imperfect they may be injurious. If glass or stone cans or jars are in any wise imperfect, don't use them for any thing unless to put dry articles in. All stone-ware should be carefully examined, one by one, before buying, and unless without a blemish rejected. The little blisters sometimes seen in glass jars renders them unsafe for any use, for by a little rough treatment, or when exposed to heat, these blisters are liable to be broken any minute, and particles of the glass crumble into the contents. Every one will see that this would be unsafe, and therefore it is best to be particular in the selection.

The self-sealing jars are very little trouble if properly used. Some object because, after using two or three times, the rubber rings hardened with heat, and can no longer be used; and supposing they can not be replaced, jars with grooves around the top are recommended in which to use putty instead of the rubber. But we should not be willing to use putty, lest by any mishap a little of it should get to the fruit. Sealing-wax is preferable, we think, if the rubber rings can not be replaced. We think there is no difficulty in doing so. We have never failed to get them when needed. They can be supplied from the manufacturers.

None but the best flavored and most perfect fruit should be used, and none but the best of sugar. All fruit should be put up as soon after picking as possible, and never be so ripe as to be ready for eating. Large fruits have richer flavor if put up without having so much of the best properties lie close to the skin. Half a pound of sugar to one pound of fruit is the usual rule; but the natural flavor is best secured, in the opinion of many, by using no sugar at all.

There are many ways of protecting glass jars, and rendering it safe to put boiling syrup into them. Many think it impossible to fill them without breaking, unless gradually heated, putting them into a pan of cold water and setting it over the stove till it is scalding hot, then as needed, take two or three out and put on a platter, keeping it on the back of the stove, and fill. This is a very good and safe way. It keeps the jars from touching any cold spot while filling, and prevents any syrup from spilling on the stove, and saves any fruit that may fall over while dipping it out. When filled, they should be set one side at once, out of any current of air, or they will be in danger of cracking, even if they passed through the filling safely; or the jars when filled can be set on a towel wrung out of hot water, and that will prevent their cracking. Let them stand a few minutes while filling others in the same way, and that will give the fruit time to shrink a little; then fill up again with hot syrup; seal at once after that—wipe off with a damp cloth and put away.

Or, if you hold your glass can in a wet towel it will not break when the boiling fruit is put into it. It need not be previously heated, but you must have the towel as high as the neck of the can and over the bottom. You can gather the ends of the towel in your hand to hold it by.

Another way—and we like it best as being less trouble—is to wrap a double towel wrung from cold water round the jar closely, and fold under to exclude all the air; then drop a cold silver tablespoon inside, and fill. Steel or iron would discolor the fruit.

In using glass jars with covers that screw on, and rubber bands, be very sure that the rubbers are perfect and fit closely. The rubber ring must not slip back when putting on the cover, but should be even all round. If this is not looked after, and the ring slides back anywhere, the air will rush in, and the fruit very soon spoil. Fill the jar heaping full; put the cover on immediately, screw down tightly, and, as the jar and fruit cool, the glass will begin to contract. When this begins, turn the jar down a minute, then raise it, and continue to turn downward every minute till perfectly air-tight.

It is a protection to wrap glass jars closely in brown paper to keep out the light, which ruins all preserves or canned fruit, and a preserve-closet should always be dark, dry and cool. Tomatoes, especially, are much injured by light. It causes citric acid to form in them. Too much light is the chief cause of the exceeding acidity of most of the canned tomatoes. If the citric acid is once allowed to form, no amount of sugar can restore the original flavor of the tomato, or sweeten it.

If the syrup begins to leak out a few days after canning, it is a sure sign that the air has forced an entrance, and the only way is to open the can, unseal the syrup, pour out the contents, scald, and use as rapidly as you can. If not, it will soon spoil; re-sealing will not save it.

Putting in the fruit or vegetables boiling hot, and completely filling the can, are two points to be observed most strictly, if one would have any success in canning. There should also be no delay, but the fruit and syrup should be dipped into the jar as rapidly as possible when boiling hot. A can filled so as to run over, and instantly covered, and tightly screwed on, wiped clean and covered with paper, put in a cool, dry, dark room, will be as fresh and fine-flavored as it is possible for fruit to be that is not really freshly gathered. But a jar carelessly filled, without being sure that the syrup is boiling hot, or the jar overflowingly full, if when opened it is not already fermenting, will be so near to it as to lose all flavor of fresh fruit, and be unpalatable and unhealthy. It is no saving of time to do any work carelessly, but in most cases a great loss of comfort.

CANNING PEACHES.

First prepare the syrup. For canned fruits, one quart of granulated sugar to two quarts of water is the proper proportion; to be increased or lessened according to the quantity of fruit to be canned, but always twice as much water as sugar. Use a porcelain kettle, and, if possible, take care that it is kept solely for canning and preserving—nothing else. Have another porcelain kettle by the side of the first, for boiling water (about three quarts).

Put the peaches, a few at a time, into a wire basket, such as is used to cook asparagus, etc. See that it is perfectly clean and free from rust. Dip them, when in the basket, into a pail of boiling water for a moment, and transfer immediately into a pail of cold water. The skin will then at once peel off easily, if not allowed to harden by waiting. This, besides being a neat and expeditious way of peeling peaches, also saves the best part of the fruit, which is so badly wasted in the usual mode of paring fruit. As soon as peeled, halve and drop the peaches into boiling water, and let them simmer—not boil hard—till a silver fork can be passed through them easily. Then lift each half out separately with a wire spoon, and fill the can, made ready for use as directed: pour in all the boiling syrup which the jar will hold; leave it a moment for the fruit to shrink while filling the next jar; then add as much more boiling syrup as the jar will hold, and cover and screw down tightly immediately.

Continue in this way, preparing and sealing only one jar at a time, until all is done. If any syrup is left over, add to it the water in which the peaches were simmered and a little more sugar; boil it down till it "ropes" from the spoon, and you have a nice jelly, or, by adding some peaches or other fruit, a good dish of marmalade. Peaches or other fruit, good, but not quite nice enough for canning, can be used up in this way very economically. Peaches to be peeled as directed above, should not be too green or too ripe, else, in the

first place, the skin can not be peeled off; or, if too ripe, the fruit will fall to pieces.

Another Way.—After peeling and halving as above directed, lay a clean towel or cloth in the bottom of a steamer over a kettle of boiling water, and put the fruit on it, half filling the steamer. Cover tightly and let it steam while making the syrup. When that is ready, and the fruit steamed till a silver fork will pass through easily, dip each piece gently into the boiling syrup; then as gently place in the hot jor, and so continue till all have been thus scalded and put in the jar. Then fill *full* with syrup, cover and seal immediately. While filling, be sure and keep the jars hot.

Another Way.—Peel, halve, remove the pits, and prepare the syrup as directed; and when it is boiling drop in enough fruit for one jar; watch closely, and the instant they are sufficiently tender, take out each half with care, and put into a hot jar till full. Then dip in all the boiling syrup it will hold. Cover tightly, set aside, and prepare for the next jar. Be sure and skim the syrup each time before adding more fruit.

After jars are filled and the cover screwed on, before setting them away, every little while give the screw another twist, until it can not be moved farther. Hard fruit, apples, quinces and the like, are better for being steamed partially, only enough to soften the fruit without breaking it; then they should be finished off in the syrup, as the seasoning penetrates all through the fruit, and we think it keeps better.

CANNING PEARS.

The skin will not peel off so easily as the peach by dipping them in boiling water, but it will loosen or soften enough to be taken off with less waste of the fruit than if pared without scalding. Prepare the syrup, and proceed as for peaches. They will require longer cooking; but as soon as a silver or well-plated fork will pass through easily, they are done. Longer cooking destroys the flavor.

PINE-APPLES.

Pare very carefully with a silver or plated knife, as steel injures all fruit. With the sharp point of the knife dig out as neatly and with as little waste as possible all the "eyes" and black specks; then cut out each of the sections in which the "eyes" were, in solid pieces clear down to the core. By doing this, all the real fruit is saved, leaving the core a hard, round, woody substance, but it contains considerable juice. Take this core and wring it with the hands, as one wrings a cloth, till all the juice is extracted, then throw it away. Put the juice thus saved into the syrup; let it boil up five minutes, skim till clear, then add the fruit. Boil as short a time as possible, and have the flesh tender. The pine-apple loses flavor by overcooking more

readily than any other fruit. Fill into well-heated jars; add all the syrup the jar will hold; cover and screw down as soon as possible.

CANNED PLUMS.

Plums should be wiped with a soft cloth or dusted, never washed. Have the syrup all ready, prick each plum with a silver fork to prevent the skin from bursting, and put them into the syrup. Boil from eight to ten minutes, judging by the size of the fruit. Dip carefully into the hot jars, fill full, and screw on the cover immediately.

Cherries may be put up in the same way.

CIDER–APPLE SAUCE.

Peel, quarter and core the apples, and, if you do not wish the quarters broken or boiled up like apple-butter, spread them on a platter and cover them over with netting, and put in the sun two or three days before cooking. That will prevent the fruit from breaking to pieces. To every pailful of apples put one quart of boiled cider. Boil slowly until the apples are a dark mahogany color. One-third sour and two-thirds sweet apples make a very palatable sauce; or,

A few quinces to every pailful of apples greatly improves it for those who like the quince flavor; or,

All sweet apples make, we think, a very delicious sauce; or,

"The Buckeye Cookery" gives the following: "Pare, quarter and core enough apples to fill a gallon porcelain kettle. Wash the apples, and while draining put in the kettle half a gallon of boiled cider, and bring to the boiling point, then put in the apples, and place over a plate large enough to cover close. Boil steadily but not rapidly until they are thoroughly cooked. Test by taking a piece from under the edge of the plate with a fork; but do not remove the plate until the apples are done, or they will sink to the bottom and burn."

Apples may be cooked in the same way with sweet cider.

For boiled cider, sweet apples are the best, though any kind may be used; but in either case the cider should be boiled as soon as it comes from the press, and boiled to the consistency of molasses. Bottle, cork and seal while hot. Keep in a cool place. It is excellent for making sauce; and a little used for mince-pies is much better, in our opinion, than brandy or wine.

SWEET CORN.

Corn is considered one of the most difficult things to can, but Mr. Winslow's patented process makes it comparatively easy.

This is Winslow's mode of canning corn: Fill tin cans with the uncooked corn cut carefully from the cob. Scrape the cob enough to get the milk, but

not so as to loosen any of the hulls. The corn must be freshly gathered, and not allowed to be in the sun a moment after plucking; the sooner it is cut from the cob and in the can, the better. As soon as the can is filled seal it hermetically. Put the cans when filled and sealed into a boiler, surround them with straw to prevent them striking against each other when boiling; then cover them with cold water. Set the boiler over the fire; heat gradually. Let them boil, after the water gets to the boiling point, one and a half hours. Then puncture the top of each can to allow the escape of gases; but seal immediately after, and let them boil two and a half hours longer. In packing the cut corn into the can, all the milk that flows out while cutting it must be put into the can with the corn.

CORN AND TOMATOES.

This combination is much liked by many, and, very singularly, when mixed, there is none of the trouble often experienced in canning corn alone.

Scald, peel and slice ripe tomatoes; they should not be too ripe. About one-third corn to two-thirds tomatoes, or, if preferred, equal parts. Cook the corn in its own juice twenty minutes in a steamer, to avoid the necessity of adding any water. Cook the tomatoes in a porcelain kettle five minutes, in only their own juice; then add them to the corn; stir well together till they boil up once, and can and seal immediately.

We have never tried this, and should fear the corn would need longer cooking; but it comes well indorsed from several good authorities.

STRING-BEANS.

Next to tomatoes, string-beans are among the easiest vegetables to can. String them by pulling off the rough strings or bindings on either side; break into two or three pieces, and throw into boiling water till scalded all through, but not cooked, then can and seal immediately while boiling hot.

TOMATOES.

Should be ripe, but not at all softened, and be sure they are freshly gathered. Pour boiling water over them to remove all the skins. Melt red sealing-wax, and add a little lard, as the wax alone is too brittle. Have it all ready in a tin on the stove, if the tomatoes are to be put in tin cans. Put the tomatoes in a porcelain-lined preserve kettle; add no water, but cook in their own juice, taking off all the scum which rises. Stir with a wooden spoon. Have the cans on the hearth filled with boiling water. When the tomatoes have scalded all through over a good fire, and boiled up once, empty the hot water from the cans, set them in a pan of boiling water over the stove, and fill them with the scalding tomatoes. Wipe off all moisture from the top of the can with a clean cloth, and press the cover on tightly.

While one presses the cover down hard with a flat knife, let another pour carefully round this cover the hot sealing-wax from the cup, which should be bent to a lip, so it will flow all round the cover in a small stream. Hold down with the knife a minute longer, till the wax sets; continue in the same way till all the cans in readiness are filled. Now take a flat poker, or the blade of an old knife no longer useful, heat red-hot over the coals, and run it round on the sealing-wax, to melt any bubbles that may have formed. Notice if there is any noise from the tops of the cans like escaping gas. If so, it is not tight enough, and the steam is escaping. Examine if any holes are found anywhere about the can, and, wiping them dry, cover with the wax while the cans are yet hot.

Boil down what juice may be left over after the cans are filled, season, and use for catsup.

If glass jars are used instead of tin cans, screw the covers tight, wrap in paper, and set in a dark, cool place. We much prefer glass to tin for all such purposes, and especially for tomatoes, because the acid of the tomatoes acting on tin gives a disagreeable taste, and we doubt if they are as wholesome as glass or stone.

JELLIES.

Only the best quality of fruit should be selected for preserving—that which is ripe but not overripe. This caution is especially necessary in preparing jelly. The gelatinous substance of the fruit grows watery with age, and in spite of all efforts jelly made from too ripe fruit will not "form." Currant jelly is usually the first preserving done. Strawberries are often neglected, as they are an extremely delicate fruit to keep through the hot weather. Currant jelly-making is one of the most delicate culinary arts. It requires care, skill and attention to the smallest details. Without this the jelly may come, but it will be dark and stringy, and flavorless, or, most humiliating of all to the housekeeper's pride—it may be thin. If the jelly does not "form" in one night, there is little use in working over it. The currants have been overripe or the juice has been cooked too long. It will grow a little thicker if it is set in the sun for a day or two, covered with pieces of glass; but jelly once thin will never form rightly, and no care can remedy the mistake. The Fourth of July is about the right time in the Eastern States to pick currants for jelly.

Speed is of the greatest consequence in all preserving, as the natural flavor of the fruit is more readily saved. The old-fashioned method of squeezing

the juice from the unheated fruit, and boiling it down to a thick conserve is happily abandoned now by all intelligent housekeepers. Place the currants—which may be stewed if you wish, though it is not necessary—in a stone jar, and set it in a pot of cold water, which should be placed on the fire. The stone jar should be covered tightly, and be a little higher than the rim of the pot, so that no steam can get to the currants. Cook them in this way thirty minutes after the water begins to boil. Then break the fruit with a potato-beetle, and strain through a flannel bag. Do not squeeze the currants too hard, as the jelly will be cloudy if you do. It is better to press the juice out with a press. To every pint of juice allow a pound of sugar. Put the juice over the fire in a porcelain-lined kettle, and let it cook gently, fifteen minutes after it boils. Then add the sugar; stir to dissolve it as quickly as possible, and at the first boiling remove the kettle from the fire, and fill the bowls or tumblers you have in readiness. These should be standing in a pan of boiling water, to prevent their being cracked by the hot jelly. Opaque bowls or jars are better to keep jelly than tumblers, as they exclude the light. A bowl makes a prettier mold for the table. It is well to put a specimen of the jelly in a tumbler to examine its clearness and color.

Many housekeepers prepare currant jelly spiced to eat with mutton and other meats. This is easily done by adding a tablespoonful of cinnamon and one of mace, tied in a bag, to the juice when you put it on to boil. Before you add the sugar take out the bag of spices, and add a tablespoonful of cloves, which may remain in the jelly, as they look pretty floating in the clear crimson foam.

Black currant jelly is excellent, and is made in the same way as red currant.

The amateur cook may fail in her first currant jelly, but she will be sure to succeed with grape or quince jellies. They are much more easily made, and can scarcely fail to be firm and fine. Grapes are made into jelly in the same way as currants. The fruit should be only just ripe, and green grapes, just before they turn, are often used. The most delicious grape jelly is made of the large fox-grapes common in thickets in New England. Plum jelly is made like grape, and damson or green-gage plums are used.

CURRANT JELLY.

Stem the currants, scald them in a porcelain kettle or in a crock in a kettle of hot water. Do not let them boil; you can tell by the changed color when they are scalded. As soon as they are cool enough, wash and strain them through a coarse linen bag first, and then through a flannel bag. The juice from a few quarts of red raspberries will give currant jelly a delicious flavor. Allow one pound of sugar to a pint of juice if you like it very sweet, but it will jelly with less. Five pounds of sugar to six pounds of juice will answer, but will require boiling a few moments longer. When your juice has

boiled ten minutes throw in your sugar, and as quick as it dissolves try your jelly by cooling a little on a spoon; if it stiffens in the least, the jelly has cooked enough. From ten to fifteen minutes is usually sufficient time for it to boil. Your currants should not be very ripe if you want your jelly to be a fine color; and if your currants are not very ripe, five minutes will be long enough for the juice to boil before the sugar is added. Jelly made in this manner will never fail to stiffen.

APPLE JELLY.

Wash and quarter some nice tart apples—dark red make the nicest-looking jelly—put them in an enameled kettle or bright tin pan, cover with cold water, and allow them to cook until soft and the juice has a thick appearance; strain through flannel. Take a pint of sugar to a pint of juice. Put the sugar in the oven to heat; do not shut the door or allow the sugar to burn. Let the juice boil up, and skim until quite clear, then add the sugar, and allow to boil briskly until it jellies, which is usually in about half an hour, depending upon the quantity of water in the juice. The less water the less boiling it requires. By following these directions and using your own judgment, you can not fail of success. Turn into glasses before it cools.

ORANGE JELLY.

One box of Cox's gelatine soaked one hour in a pint of cold water; then add one pint of boiling water, one pound sugar, and one pint of sour orange-juice. Let it heat gradually, just to the boiling point; then strain through a tamis, and pour into molds that are wet in cold water.

Some boil a little of the peel in the hot water, long enough to extract a little of the bitter flavor, if liked; or add one gill of lemon-juice instead of a full pint of orange-juice; or,

Grate off the rind of two Seville, two China oranges and two lemons, squeeze the juice of three of each of these, strain it, and add to the juice a quarter of a pound of loaf-sugar and a quarter of a pint of water. Boil till it almost candies. Have ready one quart of isinglass jelly made from two ounces of isinglass put to the syrup, and boil up once. Strain it, and let it stand to settle before putting into the molds. We think the Florida oranges, both the sweet and the sour orange, make the finest jelly of any.

QUINCE AND CRAB-APPLE JELLY.

Quinces and crab-apples seem made for jelly. They can not be preserved without their syrup running to jelly around the fruit. Select the quinces, slice and core them, but put them all together over the fire; cook till tender, allowing a cup of water to every five pounds of fruit. Press out the juice, and to every pint of juice allow a pound of sugar, and proceed as with cur-

rant jelly. For crab-apple jelly, choose the best Siberian apples, cut them in half—do not peel or core, place them in a stone jar set in water, in the same way as currants, but let them remain on the back part of the range, the water slowly boiling around them for seven or eight hours. Set them off the stove at night, and in the morning strain the cold juice through a flannel, boil it down twenty minutes, and add sugar in the same proportion as in currants. Let it boil up, and then fill the bowls.

For peach jelly add three-quarters of the blanched kernels of the peach-nuts. After the juice is pressed out, allow a scant pound of sugar to a pound of juice, cook the juice twenty minutes, add the sugar, let it boil up once, and put in the bowl. Do not seal up any jelly at once, but leave it uncovered till the next day, then place two thin papers dipped in brandy over it, and seal it up with paper and paste.

CHICKEN JELLY.

Skin the chicken, remove all fat, break and pound the bones and meat, cover with cold water, and heat slowly in a steam-tight kettle. Let it simmer till like a pulp; then strain through a sieve or cloth, season to taste, and put over the fire again, this time without a cover. Simmer till the liquid is reduced one-half. Be sure and skim off all fat. Set it to cool until it becomes a jelly. If one has no steamer, a cloth laid between the lid and any kettle that it will fit closely answers the same purpose.

PICKLING.

We have great sympathy for those who have had no experience in the first attempt to preserve and pickle unless able to secure the aid of some judicious friend familiar with the work. Courage, self-reliance and a resolute will are of great advantage; but experience is, after all, a great assistant in securing success. Household journals abound in receipts and directions for preserving and pickling; but, valuable as are many of these, a beginner will find it necessary to make several experiments before feeling that the work is mastered.

We are inclined to think that too much time and strength are expended, in private families, in preserving and pickling. Since so much of this work is done on a large scale, and so cheaply in the many excellent public establishments which have reduced this work to the simplest and easiest forms, it would seem advisable for housekeepers to supply themselves with many things of this kind from these manufactories. In most cases it would be the

cheapest as well as the easiest. This is especially the case with canned and preserved fruits, although it is, without any question, best that every housekeeper should know how this work is done, and be able to do it well herself.

We don't think, however, this idea of buying from the factory holds good with regard to pickling, where there is so much risk of unsafe adulteration. The large amount of spices, now so much used in preparing many kinds of pickles, must be injurious to health. Even the simplest kinds should be used with moderation. The imported pickles, and those now so largely made in our public manufactories, are too often compounded with articles well known to be injurious; and, therefore, we would advise all who have the health of their families near to their hearts, to have such pickles as they are willing to use prepared at home under their own supervision, and be sure that they use only the very best kind of vinegar—the pure cider-vinegar. A large amount of the vinegar used in the factories, we are informed, has no apple-juice or cider in it, and is injurious.

The process of "greening" pickles is carried on with the most reckless disregard to health. A bottle of small, delicately-greened cucumbers or mixed pickles is very attractive to those who are unaware of the poison hidden in them. Even where the best of cider-vinegar is used, if the articles to be pickled are soaked or boiled in a brass kettle, they are poisoned by the verdigris or acetate of copper, which will be formed by the action of the vinegar on the brass. Acids dissolve the lead that there is in the tinning of sauce-pans, and corrode copper and brass, so that if left standing in such vessels, even a short time, the vinegar becomes a poison. For this reason metal kettles ought not to be used in making pickles. The vinegar should be boiled in a stone jar, and wooden spoons used instead of forks.

Many suppose that the delicate green which is thought desirable in most pickles can not be secured except by the use of alum in the brine in which they are often put before vinegar is used. In this brine they think they should be soaked with as much alum as will insure a bright green; then boiled in it, and allowed to stand half a day in the brass kettle until thoroughly cooled. It is claimed that, by standing half a day to soak and cool after boiling, the skin is acted upon by the metal or acetate of copper, and the green color secured. But they assert that after thus standing in the brass kettle, if soaked in a large quantity of boiling water the poison will be so far removed or destroyed as to be harmless. They further claim that, if soaked long enough in the brass to make them a pure green, they are dangerously poisonous, and that it will be known if this has been done by a light-green color; but when they have been soaked in alum and brine in brass half a day, and then removed and soaked in hot water, if it is found that the action of the boiling water turns them a dark grass-green it is a proof that the poison is destroyed.

This may be true; but we should not care to be a *little* poisoned for the

sake of eating pickles of a dark grass-green. Pickles can be made green enough without the use of alum or brass, and we should not be content to think that boiling water will so far remove the poison as to make it no longer dangerously poisonous. We do not think it worth the risk of a slight poisoning for the sake of securing a proper color to our pickles.

Many kinds of sweet pickles have become quite common within a few years. They are less liable to derange the stomach than those more highly spiced, if pure cider vinegar is used; but the mixed pickles—Piccalilli, Indian pickles, Bengal pickle, or chutney—are all fiery, and must need an uncommonly strong digestion to be eaten without injury. But each one must judge for himself.

All pickles must be kept always covered with vinegar. If at any time there are indications of their becoming moldy or soft, pour off the vinegar, boil and skim, and then pour it back, boiling hot, over the pickles. Have the jars all two-thirds full of pickles, then fill up full with vinegar. Exposure to the air will make any pickles soft, and spoil them. The jar must be, therefore, kept tightly closed always.

In greening pickles—for they can be nicely greened without brass—lay some grape-leaves over them, then cover with boiling vinegar. Cover the jar closely, so that none of the steam escapes, and boil four or five minutes; not any longer, or the boiling will take away their flavor, and the pickles will soon become soft. In a week after this, pour off the vinegar, boil it, and pour again boiling hot over the pickles. With pickled fruit this may be repeated two or three times before sealing the jar, unless the fruit is found to be quite soft. In that case do not boil again.

To seal up jars, cut a piece of old cotton or linen large enough to cover the top, and cover half an inch over the sides, leaving it loose on top to give room for the cover to fit in tight. Dip the cloth in white of egg to seal it down over the edge and on the sides, then put on the cover. Wet plaster of Paris quite soft, and spread over the cover on top, and so far over the sides as to cover all the cloth. The plaster hardens almost instantly, so one must work rapidly, and then they will have a solid cement or cover at once, and perfectly air-tight. Wet only so much plaster of Paris at a time as will be needed for one jar, as it hardens so soon. Lay on enough to thoroughly imbed or cover the stone cover.

There need be no trouble in having the very best of cider-vinegar—when one has an orchard and an abundance of apples. Yet many are ignorant of the art. The cider should be made of good, sound fruit. When the juice has fermented, and made good, clear cider, draw it off into strong, well-cleansed barrels. Put a generous piece of nice "mother" into the cider, turn a clean glass bottle, neck down, into the bung-hole to keep out dust and insects, and keep the barrel out of doors on a wall or bench till the weather threatens to freeze, when it should be well housed and secured from any danger of freez-

ing. If the quantity of mother seems deficient, cover a half-sheet of white paper with molasses, and put into the barrel.

In most cases, a barrel of sour cider thus managed will become strong vinegar in a few months. But if there is any haste required to secure good vinegar, or if from causes that an inexperienced person can not fathom, the vinegar will not "come," there is another sure and quick way by which the vinegar will be rapidly perfected, and be equally excellent, provided always that the cider has been made from good, sound apples, free from worms, specks or decay.

Take a good clean barrel, knock out both heads, fill it full (but not pressed down too closely) of clean shavings (pine are usually taken, but clean birch shavings give a more pleasant flavor to the vinegar). When the shavings are in, set the barrel on a bench with a flat board, round which there is a groove, just as one prepares a lye-leach. Then draw off the cider, pour it on top of the shavings slowly, so that it gradually trickles down and slowly runs through them into the groove or gutter on the bottom board, and thence into the tub placed beneath to catch it. It becomes vinegar almost immediately, and of the strongest kind. The cider, in passing thus slowly over the large surface presented by the shavings, takes up the oxygen of the atmosphere as it flows, and turns sour, or into vinegar, rapidly.

TOMATO CATSUP.

Wash and drain dry two baskets of fair ripe tomatoes. Cut out the stems and all imperfect spots. Put the fruit into a kettle, giving each one a squeeze to break the skin as you drop it into the kettle. A brass kettle, if you will be sure it is scoured perfectly bright, without a spot on it, is better than porcelain, being less likely to burn at the bottom. Cut up twelve ripe bell-peppers and as many onions, and put with the tomatoes; then set the kettle over the fire and let the fruit cook two hours, stirring often from the bottom, to prevent the tomatoes sticking or burning. Then after being thus cooked, strain through a fine sieve, or, better still, use the patent tin scoop and sieve combined. The crank or handle that turns the paddle will press the pulp and juice through the sieve, leaving seeds and skin inside. When strained, add a pint and a half of salt, one quart of vinegar, three tablespoonfuls of ground cinnamon, three of black pepper and two of cloves, two of allspice, two of mace and one of ginger. Tie all the spices loosely in a bag, and boil slowly twelve hours.

Of course the catsup can not be finished in one day, and at night empty it from the brass kettle into wooden or earthen bowls. The latter is the best. Cover closely to keep out dust, and let it stand till morning. See that the brass kettle is faithfully scoured as soon as emptied, and well dried, so that no verdigris can form on it or around the handle or sides. In the morning give the kettle another thorough washing and scalding, after which put the

catsup into the kettle again, and boil slowly all day, or till as thick as rich cream, so that no clear liquid will rise to the top. Stir often, else as it thickens it will stick to the bottom, and scorching ruins the whole. A plate turned down on the bottom of a kettle is a great protection against scorching.

People differ so widely in taste with regard to seasoning, that we give a medium quantity which can be increased or diminished to suit the taste.

When cooked sufficiently, the catsup should be put into bottles strongly corked. There is very little danger of bursting the bottle or forcing out the cork. None of ours have ever done so. In hot weather, if kept too damp, it may sour, but no danger of that if kept in a cold, dry place.

PICKLING EGGS.

Put black pepper and one or two small cayenne peppers into as much vinegar as will cover the number of eggs to be pickled. Tie up some sticks of cinnamon, a few allspice and whole cloves, in a bit of muslin, and put to the vinegar, and set it over the fire to boil. While this is being done, boil the eggs hard. When done, place in cold water, and when perfectly cold take off the shells, lay the eggs in the jar and pour the boiling vinegar over with the bag of spice. Set aside for a week, when they will be fit for use. Serve them in slices.

RIPE TOMATOES.

Tie up the same kind as you find agreeable for any pickles. Scald the spices in as much vinegar as you will need to cover the fruit, and add to it a pound of sugar to every quart of vinegar. While these are scalding, pare ripe but sound tomatoes, picking for the hardest ripe ones. Do not scald them. Put them carefully into a jar, and pour the vinegar and spices, when boiling hot, over them. Screw the cover on closely, and set them in a cool place.

CHOW-CHOW.

One peck of small cucumbers—the smaller the better—half a peck of green tomatoes, half a peck of small onions, two heads of cauliflower. Scatter salt over them, and let them stand for twenty-four hours; then rinse off with cold water, drain them well; then add a handful of grated or scraped horseradish root, and three heads of celery. Take cold vinegar enough to cover these, and put into it half an ounce each of tumeric (this can be purchased at any drug-store), cloves and cinnamon; one-eighth of a pound of ground pepper (black), one-eighth of a pound of sugar, half a pound of white mustard seed, half a pound of ground mustard. Boil for fifteen minutes, and

pour over the cucumbers, etc. If you have empty chow-chow bottles, seal up in those. After a few weeks it will be ready for use.

WALNUT PICKLE.

The best kind are the shag bark or any of the white kind and English walnut. All but the latter can be found wild in most hilly or mountainous regions. But they can usually be found in the markets. They must be gathered while the rinds are tender (the common black walnut will answer if none other can be procured, but not so well as the two varieties named). Lay the walnuts in strong salt water for two weeks; take them out, rub them with a dry cloth, and put them in fresh water for one night. Put garlic or onions, cloves, allspice and pepper into vinegar. Boil these spices and vinegar together, and pour over the walnuts hot. Indeed, it is better to boil them a little in the vinegar the first day, and the two following days scald the vinegar, and pour over them, so that the seasoning may strike well through the nuts. No pickle is more popular, and of late it has become quite rare. White walnuts, one gallon; vinegar, two quarts; garlic or onions, half a pint; cloves, half an ounce; allspice, one teaspoonful; cayenne pepper, one teaspoonful; long black pepper, two ounces; sugar, one pound and a half.

STRING-BEAN PICKLE.

String-beans make good pickle, but they must be canned immediately after pickling or they will not retain their freshness longer than for a week or two. To pickle them, first remove the "strings," then pour hot vinegar over them. They will be ready for use in a day or two.

SPICED FRUITS.

Spiced apples and nice, tender pears, particularly the *Seickles*, make a nice, sweet pickle, as follows: Take four pounds of apples (weigh them after they are peeled), two pounds of sugar, half an ounce of cinnamon in the stick, one quarter of an ounce of cloves and one pint of vinegar; let the vinegar, spices and sugar come to a boil, then put in the whole apples and cook them until they are so tender that a broom splint will pierce them easily. These will keep for a long time in a jar. Put a clean cloth over the top of the jar before putting the cover on. Early pears may also be spiced in the same way, and are nice for dinner or tea.

SWEET PICKLES.

We give a receipt for cantaloupe melons, the best we ever tasted; and citron, watermelons and cucumbers can be prepared from the same receipt, though we think none of these will be as fine flavored as the cantaloupe melon. Pare and slice fine, ripe cantaloupe melons, weigh them, pack close

in an earthen dish or stone jar, cover with vinegar and leave them twenty-four hours. Then remove the melon carefully. For fifteen pounds of melon weigh out eleven pounds of sugar, eleven ounces cinnamon, seven ounces cloves and three and a half allspice; none of the spices to be pulverized. For this amount leave out one quart of the vinegar used to soak the melon (it will answer to soak other pickles, but will make too much syrup if all is used). Add the sugar and spice to the remainder of the vinegar, heat it to boiling, skimming carefully till clear; then add the melon and boil slowly till the melon is tender, but not so as to fall in pieces, from half an hour to an hour, according to the ripeness of the melon, only be sure that it is tender. When done, let all stand together twenty-four hours. Then heat the syrup to boiling, again pack the melon into the can in which it is to be kept, and when boiling hot pour the syrup over. Cover and set aside. Not fit for use for several weeks. Improves with age. It is excellent.

PICKLED CAULIFLOWER.

Select the closest and whitest flowers; put them in bunches, spread them on earthen dishes, sprinkle salt on them; in three days put them in earthen jars, and pour scalding salt water upon them; let them stand six or eight hours, drain them carefully, then put them in glass cans, cover with vinegar, and seal up tightly. Elder flowers and buds add a very high flavor to pickle and horseradish. Leaves or roots will keep pickles from molding.

PICKLED ONION.

Choose small button onions, as nearly the same size as possible; peel them and pour over them strong boiling hot brine; cover them closely, and the next day drain them from the brine, wipe them dry, and put them into cold vinegar, with whole pepper, bruised garlic, blades of mace and sliced horseradish. Keep them covered with vinegar; close the jar tightly and set in cool, dry place.

TOMATO CATSUP.

Take six quarts of cut tomatoes, cook and strain them through a sieve, then add one pint of vinegar, half a cup of sugar, two tablespoonfuls of black pepper, two of salt, one each of cinnamon, allspice and cloves; boil until thick. Good cooks prefer putting into bottles rather than cans, for the reason that, unless all is used soon after opening the can, the top gets moldy, and much is wasted.

SALADS AND SAUCES.

TOMATO SALAD.

Slice one quart of ripe tomatoes; beat one egg very light, add a very little cayenne pepper, two teaspoonfuls of sugar, one of salt; chop very fine two small, young onions, add two tablespoonfuls of vinegar, sour orange or lemon-juice, as best suits the taste, and two tablespoonfuls of oil or melted butter; garnish with two hard-boiled eggs, cut in slices.

SPINACH SALAD.

One pint of tender lettuce-leaves, the same of spinach-tops, and a few mint-leaves, if liked. Beat one raw egg light, add gradually two tablespoonfuls of oil or melted butter, a little cayenne pepper, half a teaspoonful of salt, and stir two tablespoonfuls of vinegar or lemon-juice, then pour over the lettuce and spinach, and dress the top with sliced hard-boiled eggs.

Miss Corson, in her "Cooking Manual," indorses a salad similar to this, and also says this spinach salad is nice dressed with a rissole sauce made as follows:

Clean and chop a few salad herbs, put one teaspoonful of each into a small pan, with a tablespoonful of meat jelly or thick stock, a little pepper and salt. Stir till the jelly is dissolved and hot; then add one tablespoonful of vinegar, two of oil, and, when thoroughly mixed, pour over the spinach.

SWISS DRESSING.

Pound two ounces of old cheese in a mortar, add one tablespoonful of vinegar, a little salt and pepper, and dilute to the consistency of cream with oil.

CHICKEN SALAD.

Put the chickens, after they are cleaned and washed, into a deep dish, and steam till tender, or boil in very little water if you have no steamer. Cut the meat all off in small pieces, dark and light, unless desirous of an elegant dish for company or show. Cut up fine well-cleaned, tender white celery, having an equal quantity with the meat (a pint for a pint). Mix well together. Add four hard-boiled eggs chopped fine to every quart of the chicken and celery; and, if liked, one small potato rolled till perfectly smooth. Beat in half a tea-cup (not coffee-cup) of softened butter, a teaspoonful each of pepper, salt and mustard. Beat three raw eggs together very thoroughly, and pour into this mixture, pouring in gently with one

hand while beating all together with the other. When these are thoroughly incorporated with the whole, beat in a half cup (scant) of vinegar or sour orange-juice. Instead of butter, salad-oil may be used. It is always used instead of butter by those who do not dislike the flavor.

A SIMPLE SALAD.

A scant pint of cold boiled or roasted meat cut in small dice. Veal, lamb or chicken can be used, or even two kinds of meat, if you have not enough of one. Twice as much cabbage as meat. Only that part of the cabbage which is white and brittle should be used, and it can be chopped about as fine as the meat is cut. The dressing: One-half pint vinegar, one heaping tablespoonful sugar, one teaspoonful dry mustard, two eggs, a little salt and pepper; heat the ingredients over hot water, stirring constantly to prevent curdling, and remove from the fire as soon as it thickens; then add a piece of butter half the size of an egg, and pour it hot over the meat. When it is entirely cold, stir in the cabbage.

LOBSTER SALAD.

Lobsters require to be boiled from fifteen to twenty minutes, and when taken out of the kettle should be broken in two; that is, the body should be separated from the tail before it is placed in a colander to drain. When perfectly cold, cut all the flesh into dice, and put it into a salad-bowl with the soft portion of the inside, and mix with it some lettuce cut very small, salt, pepper, vinegar, mustard and a very little oil. Place it, when well mixed, in the center of a glass dish like a mound, and spread a mayonnaise sauce over it. Decorate it with the center leaves of the lettuce, hard-boiled eggs cut in halves or slices, or in fancy shapes, capers, beets and slices of lemon. As the center dish in the table, it may be further decorated by two or three flowers placed on the summit.

POTATO SALAD.

Ten potatoes cut fine, the French dressing with four or five drops of onion-juice in it, one tablespoonful of chopped parsley. Onion-juice is obtained by first peeling the onion, and then grating.

FRENCH SALAD DRESSING.

Three tablespoonfuls of oil, one tablespoonful of vinegar, one salt-spoonful of salt, one-half of pepper. Put the salt and pepper in a cup, and then add one tablespoonful of the oil. When all is thoroughly mixed, add the remainder of the oil and the vinegar. This is dressing enough for a salad for six persons.

CARROT SALAD.

Take very fine rich-colored carrots, scrape and boil rapidly till tender. When done, cut into very thin slices, and put into a glass salad-bowl, sprinkle with sifted loaf-sugar, and squeeze over it the juice of a large, fresh lemon, and pour on a wine-glass of olive-oil, or, if preferred, the same amount of thick, sweet cream. If the latter, put it on just as it is sent to the table; place round the edge of the dish an onion cut in exceedingly thin slices, and small bunchess of water-cress or any fresh, green salad-leaves.

COLD-SLAW.

Shave a solid head of cabbage very fine, pour over it half a tea-cup of boiling vinegar (good cider-vinegar), set the dish in which the cabbage is into a kettle half full of boiling water, and let it cook while the dressing is being prepared. Beat up two eggs very light, put to them one teaspoonful of mixed mustard, one teaspoonful of salt, and one and a half of sugar; add a large tablespoonful of melted butter, and a very little cayenne pepper. Beat these ingredients with the egg very light, and pour all over the cabbage, removing it instantly from the kettle of boiling water, as the egg will curdle if mixed with it while over the fire. Stir all lightly together, and serve at once.

Some shave the cabbage, and boil it twenty minutes in just water enough to cover it, then drain off the water and mix the dressing with the cabbage; but we think this not so good as to steam the cabbage without water while preparing the dressing.

PLAIN SALAD DRESSING.

Put one teaspoonful made mustard into the salad-bowl and one teaspoonful of sugar; add two tablespoonfuls of salad-oil, drop by drop, stirring it well together as the oil is added, or three tablespoonfuls of the thickest, richest sweet cream instead of the oil; then, when well mixed, if oil is used, add four tablespoonfuls of milk (if cream is used, three tablespoonfuls of milk will answer), and two of vinegar—the vinegar to be added after the milk very gradually, stirring all the time, else the sauce will curdle and be spoiled. When well mixed and as smooth as cream, add cayenne pepper and salt to suit the taste. The ingredients can not be added too carefully, or beaten too much.

SALAD DRESSING.

Boil two eggs fifteen minutes, and rub two teaspoonfuls of grated horse-radish, dry, into the yolks of the eggs, until perfectly smooth; then rub in a tablespoonful of white sugar, half a teaspoonful of salt, the same of black pepper, with not quite as much cayenne pepper, and two tablespoonfuls of

thick cream; mix and rub all together until perfectly smooth; then add, by degrees, four tablespoonfuls of pure cider-vinegar.

This is an excellent cold dressing for cabbage or lettuce.

If preferred, a tablespoonful of salad-oil may be substituted for the cream, and a tablespoonful of dry mustard in place of the horseradish.

CHICKEN SALAD WITHOUT OIL.

Boil a large-sized chicken two hours; after removing all the skin and fat, chop fine; add the same quantity of finely-chopped celery; take the yolks of three hard-boiled eggs, and with a wooden or silver spoon mash them perfectly smooth, and make into a soft paste with one and a half tablespoonfuls of sweet butter, and when quite smooth add two well-beaten eggs—let them be beaten whites and yolks together, but as light as possible; stir them to the paste of hard-boiled yolks and butter, then stir into the chicken and celery, adding a little salt and pepper. For the dressing, bring one pint of sweet milk, or two-thirds that quantity of rich cream, to the boiling point, and stir to it two well-beaten eggs—whites and yolks beaten separately; remove from the fire as soon as the eggs are added that they may be not too much cooked. As soon as this is cold, have ready one tablespoonful of ground mustard, made perfectly smooth with two tablespoonfuls of best cider-vinegar, and as much more pepper and salt as may be needed; then mix this nicely with the chicken and celery, place in a salad-bowl, and trim the edges with blanched lettuce or nice celery-leaves.

MIXED SANDWICHES.

Chop cold chicken, tongue and ham very fine. Melt half a cup of butter, add a dessert-spoonful good mustard, if liked, a little pepper, and stir it with the beaten yolk of one egg into the meat, and spread on thin slices of bread neatly trimmed and buttered. Or, chop fine such parts of a well-boiled or baked ham as can not be cut in neat slices for the table, add four tablespoonfuls melted butter, mustard if liked, and pepper, chop up two or three hard-boiled eggs and the well-beaten yolk of one, to bind the whole together, and stir up the whole with the ham till well mixed, and spread on nicely-cut slices of bread, well buttered.

Some like salad-oil mixed with the butter. But in making sandwiches, unless for the family, where the taste of all should be well known to the mistress, it is not safe to use oil or mustard for the whole; but it can be divided, and part of the sandwiches prepared with oil and mustard, part plain, and a third part with mustard and no oil.

GREEN TOMATO SAUCE.

One gallon green but full-grown tomatoes; one pint of fresh onions chopped very fine; one and a half pints of sugar, if liked rather sweet—if not, one

pint will suffice; two even tablespoonfuls of salt; one of ground black pepper; one tablespoonful of ground cloves; one of ground cinnamon; one and a half tablespoonfuls of ground mustard; one even, rather scant tablespoonful of red pepper, and two pints of vinegar. The ground spice should be tied in a muslin bag, but a few whole cloves and bits of cinnamon may be thrown in with the tomatoes. Boil all together in a porcelain-lined kettle till quite tender. Put up into air-tight jars and closely.

This is much liked by some, to eat with fresh meats.

COLD SLAW.

Cut a solid, tender head of cabbage very fine. Sprinkle salt and pepper over it, and set in refrigerator or some place where it will keep cool till needed. Beat up three eggs, six spoonfuls of good cider-vinegar, four large tablespoonfuls of sugar, two-thirds of a teaspoooful of made mustard, half a tablespoonful of butter. Set this over the fire, stir until it becomes a smooth paste, set aside to cool, and mix with the cold cabbage when needed. It is excellent to eat with fried oysters.

BENGAL CURRY.

Twelve ounces best tumeric, eight ounces coriander seed, six ounces very best ginger, five ounces mustard, five ounces black pepper, one and a half ounces cayenne, one-half ounce cardamums, one-half ounce cummin, one-half ounce cinnamon, one-quarter ounce pimento, all finely powdered. These ingredients are put into a large bowl, and thoroughly mixed together. A number of small bottles are got ready, into which the powder is placed and pressed down, and if corks are used, these are carefully sealed over so as to exclude the air entirely. One bottle at a time is opened for use, and thus the quantity made will last a long time. Having secured our curry-powder, let us now proceed to make our curry and boil our rice *a la Bengal*. As a rule, a knife is never employed when one is eating curry, as it is always so thoroughly cooked that a fork and spoon only are needed. But the time occupied in cooking, of course, varies according to the meat used. For brevity, let us take veal, say four pounds of the lean part of the breast of veal, to avoid much fat. Cut this all up in small pieces, and put them in a sauce-pan with an ounce of sweet butter, two large tablespoonfuls of curry-powder, two large onions cut very fine, four or five small cloves of garlic, chopped up finely, and some nice, streaky bacon cut up in thin, small slices; stir all up together, and put it on a gentle fire, covering the sauce-pan, and only uncovering it to stir it, which should be done very frequently. The heat speedily draws out the juices of the meat, forming sufficient gravy to prevent burning; after awhile the sauce-pan is drawn almost off the fire, so

as to keep the contents at a gentle simmer only, and it continues at this until the gravy is pretty well dried up, when a large-sized breakfast-cupful of fresh milk is added gradually, so as not to cool it too much, and salt to taste. The sauce-pan is again placed on the fire for a few moments to bring it rapidly to the boil, then drawn back and kept once more gently simmering until quite done, stirring very frequently. It should occupy three to four hours in cooking, and never be galloped. When served up to the table, it ought to be as hot as possible, but all the fat must be previously skimmed off. It is well to remember that this "curry fat" is far better than butter for frying fish with. Half an hour or more before the curry is required on the table, begin to cook the rice. Fine Patna or Carolina is the best, of which take one measure, putting in three such measures of water, and boil rapidly, but never on any consideration stir or shake it up. When it is perceived that the water shows no longer on the rice, draw the sauce-pan on to the hob, and give a little time for the rice to dry, which it soon does, when it will all turn out beautifully cooked, and each grain separate. This is the only proper mode of cooking rice. In serving up, the curry should be in one (covered) side-dish, the rice in another, and both quite hot.

CURRY FOR COLD MEATS.

Take two large onions and a clove of garlic; slice the onions and fry them and the garlic in butter, sprinkling them as they fry with curry-powder; cut the meat into slices, and flour them well. Place them in a stew-pan, pepper and salt them, add a boiled potato cut into dice, a sliced apple, two or three cloves, and some lemon-juice; take good stock, thicken it with flour, and make a gravy by pouring it into the frying-pan with the fried onions; stir it, and add curry-powder to it as it boils; then strain it over the sliced meat; let it just come to the boil again, and serve with boiled rice.

TO USE CURRY DRY.

Cut the meat into small pieces, and dip it into curry-powder; have a large onion and a clove of garlic ready to fry; place some butter in the frying-pan, and then add the meat, the onions, and some more curry-powder, if liked, hot, some salt, pepper, cayenne and lemon-juice; let it fry all together until the onions are done; then put it out of the frying-pan on to a hot dish, and serve with boiled rice.

CURRIED EGGS.

Slice one carrot, two onions, a large apple and a little celery. Fry them in two ounces of butter until nicely glazed. Add a pint of broth, a few allspice, a blade of mace, a teaspoonful of curry-powder, a little flour for thickening, and season with salt and pepper. Wash four ounces of rice, and put

it to cook in plenty of boiling, salted water for ten minutes; then drain and steam on the back of the stove until done. Boil twelve eggs for fifteen minutes; then remove the shells and lay the eggs in a warm platter, strain the sauce over them, and make a border of the rice.

INDIAN HODGE-PODGE.

Mince three large onions fine and fry them in butter. Add three pints of good broth and a quart of split pease soaked over night in cold water. Simmer two hours or longer, then put in two tablespoonfuls of curry-powder mixed with cold water, and seasoned to taste with salt and pepper.

A BOUQUET OF HERBS.

A bouquet of herbs is made by tying together a few sprigs of parsley, thyme and two bay leaves. When gathering any of our garden herbs, they should be well dried, then the leaves should be stripped off and rubbed through a sieve, and the fine powder put into bottles; but the stalks may be tied together, kept dry, and made into this "bouquet," to be used for flavoring a soup, as the dried stalk is just as good for such purposes as the leaves. Or, if you have no vegetable garden, the material to make "a real French bouquet" can be obtained at any druggist's.

BUTTER AND CHEESE.

CREAM AND MILK FERMENTING.

If on taking down a pan of milk to be skimmed there is found a *thin layer of whey* under the cream, and under that *thick sour milk*, all hope of making good sweet butter from that cream may as well be relinquished. It is next to impossible. If such cream could be churned immediately, and under the very best condition, it is possible to make a fair quality of butter for immediate use, but, as a rule, such cream had better be kept out of the cream-jar. Cream taken from sour milk which has progressed in fermentation so far as to separate its whey will almost invariably give a strong, cheesy flavor to the butter made from it. Good cheese is good in its place, but most persons prefer to have their butter and cheese in separate packages, and dairymen should not forget this fact.

We copy this from "The New England Farmer," and know it is correct. We have proved its truth by sad experience.

BRINE TO PRESERVE BUTTER A YEAR.

To three gallons of brine strong enough to bear an egg, add a quarter of a pound of nice white sugar and one tablespoonful of saltpeter. Boil the brine, and when it is cold strain carefully. Make your butter into rolls, and wrap each separately in a clean, white muslin cloth, tying it up with a string. Pack a large jar full, weight the butter down, and pour over it the brine until all is submerged. This will keep really good butter perfectly sweet and fresh for a whole year. Be careful not to put upon ice butter that you wish to keep for any length of time. In summer, when the heat will not admit of small jars, take large ones, and, using the same brine, allow it to cover the butter to the depth of at least four inches. This excludes the air, and answers as well as the first method suggested. We copy this from "The Dutchess Farmer."

CREAM CHEESE.

Stir a little salt into a pan of cream—that has soured quickly and grown firm without becoming strong—and suspend it in a muslin bag, to drain. Remove it to a fresh bag every morning, and at the end of three days pack it in round, straight-sided wooden molds, that have holes in the bottom. Wet the molds before putting in the curd, and press for two hours. The cheese may be kept for several days by wrapping it in tissue-paper and placing where it is cool. This is a very good imitation of the *Neufchatel* French cheese; or,

Three quarts sweet milk, two quarts cream, and enough rennet to set it. When it is set, do not break it, but drain it as gently as possible. Lay a strong cloth in a hoop—any box with top and bottom out, well cleaned, will answer. Place the curd in the cloth, fold the cloth over the top, put a weight, not too heavy, on top to press it. The weight should be even, covering the whole top. Let it remain under pressure one day, then take it from the hoop and rub with salt. It will be ready for the table in three or four days.

CHEESE STRAWS.

Break into a quarter of a pound of flour two ounces of butter, and rub with the hands till a smooth paste. Add to it two ounces of good cheese, grated on a bread-grater, the yolks of two eggs, and the white of one well beaten; season with cayenne-pepper and salt to suit the taste. Mix all thoroughly together, and roll out this paste a trifle less than a quarter of an inch thick, and put on a well-buttered tin; then cut in very narrow strips four or five inches long. Bake in a moderate oven five or six minutes, a light golden brown, and serve hot. When done they must be removed from the tin with care, so as to be served unbroken.

A NICE CHEESE RELISH.

Four ounces of flour, four ounces of cheese, and three of butter; salt, pepper and a dash of cayenne-pepper; knead it all together, roll thin, cut in strips like lady's-fingers, and bake a delicate brown.

CHEESE SOUP.

To one pint and a half rich milk add one cup grated or finely-cut cheese, a little salt, pepper and butter. Set it over the fire and bring to a scald; then add two well-beaten eggs. Let it remain but an instant over the fire after the eggs are added, or it will curdle. Serve hot for a tea relish. The flavor is like that of an oyster stew. It is very good without eggs.

This is an economical way to use dry bits of cheese.

TO USE PIECES OF DRY CHEESE.

Grate any dry bits into a small dish, and set on the table to be served with a spoon, is one way; or, take a pint of grated cheese, one pint of bread-crumbs, a little nutmeg—if a flavoring other than the cheese is fancied—and one teaspoonful of salt. Put this with a tablespoonful of butter into a pint of boiling milk; stir all together thoroughly; cover up closely and set on the back of the range three or four hours before the time when it is to be eaten. Stir it now and then; but do not let it boil, only thoroughly dissolve the cheese. Half an hour before it is needed, butter a deep dish, pour in this mixture, and set into the oven to brown delicately. Serve hot.

SANDWICH WITH CHEESE.

Cut up fine any bits of cheese that can not well be used any other way: pour to the cheese a cup of cream, a little butter, and let it heat slowly till the cheese is melted and the whole becomes a paste; then spread between two slices of bread and use with lunch.

CHEESE FROM POTATOES.

A foreign journal describes the process of making cheese from potatoes—much used in Thuringia and Saxony—as follows:

After having collected a quantity of potatoes of good quality, giving the preference to a large, white kind, they are boiled in a caldron, and after becoming cool they are peeled and reduced to a pulp, either by means of a grater or mortar. To five pounds of this pulp, which ought to be as equal as possible, is added one pound of sour milk and the necessary quantity of salt. The whole is kneaded together, and the mixture covered up and allowed to lie for three or four days, according to the season. At the end of this time it is kneaded anew, and the cheeses are placed in little baskets, when the superfluous moisture escapes. They are then allowed to dry in the shade,

and placed in layers in large vessels, where they must remain for fifteen days. The older these cheeses are, the more their quality improves.

Three kinds are made—the first and most common is made as detailed above; the second, with four parts of potatoes and two parts of curdled milk; the third, with two parts of potatoes and four parts of cow or ewe milk. These cheeses have this advantage over other kinds, that they do not engender worms, and keep fresh for a number of years, provided they are placed in a dry situation, and in well-closed vessels.

A CHAMPION DAIRY.

Mr. Lane, of Leeds, Maine, gives his experiment in the dairy business—which he has made an especial study for years—as follows:

"I prefer grade Jerseys for butter-making, over all others, so far as my experience goes. I am feeding this winter on hay and shorts exclusively. I get shorts of an extra quality, and find them worth more than the same quality of meal. Shorts keep the cows much healthier. I feed twice a day, giving each meal, forenoon and afternoon, not all at once, but in installments. I churn twice a week in the winter, and three times a week in the summer. I use a Cooley creamery and churn. I allow the milk to stand twenty-four hours before skimming. I have a butter-worker of my own invention. It is on the direct pressure principle. Rolling and other principles are prejudicial to the butter, I think. Unlike many others, I fetch my butter in granules, instead of in a mass. This method has been adopted by the most of the leading butter-makers, now. By it, you are able to wash your butter more thoroughly, and get out the butter-milk. The process is done by reducing the temperature in your churn, by the use of cold water. We put the cream into the churn of a temperature of 62°. By the churning motion, this is raised to 67°. To bring the granules we reduce it to 55°.

"One of the secrets of good butter-making is exactness. We do every thing by thermometer and scales. Good, even butter can be made in no other way. You can't be careless and make good butter. Our butter don't vary, preceptibly, from one year's end to another. We weigh our cream at every churning, and weigh all our salt. My way of salting my butter differs from that generally in vogue. We stir the salt in among the granules. We put in from one-half ounce to an ounce of salt to a pound of butter. We make eighty pounds of butter per week, this winter. In June we got one hundred and fifty pounds. We market all our butter in Portland. It now sells for forty cents per pound.

"We put all our skim-milk into pork. Last fall I sold 4,200 pounds of pork, at ten cents per pound for the dressed pigs. They were butchered when they were seven months old. They averaged 283 pounds. We sell them in Portland and get a price above the market, because people know what they're fed on."

CLOTTED OR DEVONSHIRE CREAM.

Strain the milk into pans and place on a pot of boiling water. Watch, and when rings appear on the surface, remove to the dairy and allow to stand twelve, twenty-four or thirty-six hours, according to the season and temperature. In Devonshire the cream is usually as thick as butter when first it comes, and in families where they have cows the cook thoroughly prepares her hands by washing them in the hottest water she can bear, and then makes the butter for breakfast. There the milk is often left for twelve hours before it is placed over the hot water; but I have found that in this climate it is safer to heat it at once. A good rule is, "If it boils, it spoils." It must only scald.

DRINKS AND CORDIALS.

BEEF-TEA.

As beef-tea is a very important source of nourishment for delicate people and for those very sick, being often almost the only hope of sustaining life, it seems quite important that all the different modes of preparing it should be well understood. With no one is the taste so capricious as with invalids, and every mode of making the beef-tea has its own special flavor. The whole art of making this important beverage seems to depend on preparing it to suit the person needing it. To succeed, or to attain any measure of success, beef-tea must be for the time being the supreme object of one's endeavor, and should be made fresh at least three times a day, and never twice alike. This advice is adapted to the case of a patient critically ill with fever or some other disease which must run its course, and when the fight is for life. In many cases, no doubt, the sick starve, surrounded by the most loving care and most skillful physicians, because it is supposed that they can retain nothing on the stomach that has really any nourisment in it without aggravating the disease, and no one is brave enough to counsel or demand more heroic treatment. It is a source of great thankfulness that medical advisers are learning to counteract disease by building up—sustaining the system by nourishing, stimulating diet—where once the patient was allowed to waste and sink away to death. The writer of this letter advocates this nourishing process by a cautious, delicate use of beef-tea.

The best portions of the beef make the best tea. The mode of making it given in the "Christian Union" of February 13, is thoroughly good, although one pound of meat does not go far where constant building up is the

only safety. The writer has used fifteen pounds in three days, with success in a case of pneumonia almost past saving.

An ordinary glass jar, such as is used for canning fruit, with the glass cover laid over the top, is very convenient, but, like all other receptacles, must be thoroughly cleansed and aired after using before using again. Scrupulous cleanliness is very essential.

If in great haste, the juiciest portion of the beef held over a brisk fire until heated, but not cooked, and then squeezed hard through a perfectly clean lemon-squeezer, is an excellent way, and makes a palatable article with the addition of a little salt. Salt is the only seasoning usually allowed.

When the patient tires of these modes, scrape with a sharp knife enough lean, juicy beef to fill a pint-bowl, add a little water, cover close, and set in the oven and let it bake slowly. When about half done, remove the cover, and let it brown a little, then cover again, and let it cook awhile longer. Beef-tea made after this last mode has been accepted in cases where all other ways have failed.

Never approach a patient with a spoon in the hand when about to give nourishment. Put just what you wish taken, and no more, in the daintiest and prettiest tea-cup in the house. Have the tea of just the right temperature, and let the patient drink it from the cup, but remove the cup from the room as soon as used, and wash, scald and put it in its proper place. When more tea is needed, take another and entirely different cup. This seems a little thing, but the comfort of the sick must depend largely on little things, and who shall blame them if sometimes fanciful or unreasonable?

VIENNA COFFEE.

The coffee can be prepared either by the French method of filtering, or by the more common method of making in a coffee-pot, only taking care that the water is boiling, bubbling hot when poured over the coffee, that it is covered closely and only boiled one minute, then left to simmer five minutes. To be made strong or weak, to suit the taste. The one important dissimilarity is to put a pint of rich cream into a milk-boiler, with boiling water in the under part. Keep the water boiling under the cream; beat the white of an egg to a stiff froth, then stir to it three tablespoonfuls of cold milk. As soon as the cream is scalding hot remove from the fire, add the white of the egg and cold milk, stir briskly for a minute or two, and send to the table to use with the coffee. It is a wonderful improvement on the common way of preparing coffee.

SHELLS OF COCOA.

Soak a teacupful of the shells over night in a pint of cold water, in a warm place. In the morning set them over the fire, and boil steadily one hour. Serve with hot milk or cream; or,

Wet two ounces of *shells*, or cocoa *nibs*, in a little cold water, and pour them to one quart of boiling water, and cook one and a half hours. Then strain it; put in one quart of fresh milk. Set again over the fire until almost boiling; take from the fire and serve. This is more delicate than the first way, and excellent for sick people—if they are fond of the chocolate taste.

BLACKERRY CORDIAL.

Blackberry cordial is a home-made medicine of much value during August as a remedy for diarrhœa: To one quart of blackberry juice add one pound of white sugar, one tablespoonful each of cloves, cinnamon, nutmeg and allspice. Boil all together for fifteen or twenty minutes; take from the fire, and add a wine-glassful of brandy or Jamaica rum. While still hot, put in bottles with stout corks, and seal if not intended for immediate use. A tablespoonful three or four times a day is the usual dose, though in severe cases it may be increased to a small wine-glassful.

CONFECTIONERY.

CREAM CANDY.

Take as much sugar as you desire to make into candy, and add an equal quantity of cold water. Wet a little starch—about two teaspoonfuls of starch to every cup of sugar; rub it smooth and set aside for use. Set the sugar and water over the fire to boil, but do not stir after it begins to boil. Let it boil till it hardens readily when dropped into cold water. As soon as it has reached that state pour in the starch, stirring rapidly ; and let it boil, while being constantly stirred, for a minute or two. Then pour into a well-buttered dish, and set aside until cool enough to work with the hands. Add to it while working such flavoring as is preferred. Work till very light; draw it out into a flat piece, and cut into sticks.

BUTTER-SCOTCH CANDY.

Four cups of brown sugar, two of butter, two tablespoonfuls vinegar and the same of water. When boiling, drop in a salt-spoonful of soda. Boil half an hour. If at the end of that time it is crisp when a little is dropped into water it is ready to take up; or,

Three tablespoonfuls of molasses, two of sugar, two of water, one of butter. Boil till crisp, and just before taking up add a very little soda; or,

Two cups sugar, half a cup butter, a little more than half a cup of vinegar. Boil until brittle when tried in water, and then pour into buttered pans; or,

Three pounds sugar (the "Coffee A"), one quarter of a pound of butter, half teaspoonful cream of tartar, eight drops extract of lemon, orange or a little wintergreen. Add enough cold water to dissolve the sugar. Boil without stirring till it breaks readily when dropped in cold water. Then add the lemon, orange, or whatever is best liked for flavor, and pour about a quarter of an inch thick into a well-buttered pan. When partly cold, cross off into squares. If pulled when nearly cold, this is the ice-cream candy.

PEANUT CANDY.

The thick peanut candy sold by the confectioners is made by removing the shells and skins from roasted nuts, putting them an inch thick in a buttered tin pan, and pouring over them sufficient sugar boiled to a caramel point to hold the nuts together, but not to cover them; directly after sugar has reached the degree of boiling indicated in the preceding receipt, it begins to burn; at this moment the sugar-boiler must be taken from the fire, set at once into a pan of cold water to check the boiling, and the caramel, as the boiled sugar is now called, is poured over the nuts. White sugar is to be used in making this candy.

MUSHROOMS.

Our fields, meadows and forests abound with plants and roots that could be converted into most nutritious and enjoyable food if their natures—peculiar properties—were studied with reference to practical use. But many studies over which our children toil in schools, academies and colleges, when passing through the prescribed course to secure a finished education, are of little worth when the boys and girls reach maturity, because study has been merely routine work, without any instruction that could prepare the pupils for putting what they have learned into practical use. This is particularly the case in the study of botany and chemistry. For instance, a young lady, on graduating at one of our best colleges, was ranked among the first in chemistry; but when she had graduated and returned home, it became necessary that she should take charge of the cooking department. But her chemical knowledge gave her no assistance, nor enabled her to give a reason for any combination, even in the simple one of bread-making.

How many of the most intelligent of our school-girl botanists have any practical knowledge of the use and value of the various kinds of *mushrooms?* Do they even know that, by skillful preparation and combination, they could furnish the family table with many of the most delicate and nutritious dishes? But for lack of knowledge—practical knowledge—this one example, out of many others, of the rich supplies our woods, fields and pastures are filled with, is perfectly useless, save among a few families.

The "Domestic Cyclopædia," published by Holt & Company, after giving some simple rules to distinguish the true edible mushroom from the poisonous, says:

"The mushroom is considered by many, one of the greatest delicacies known to our tables, and its richness in nitrogenous elements makes it one of the most nutritious of all the edible vegetables; but there are several kinds of poisonous fungi which so closely resemble the edible mushroom that no one should venture to eat of any unfamiliar variety without first knowing certainly how to select the proper kind."

There are many kinds of the edible mushrooms that are very nutritious and agreeable; but because there are some poisonous kinds, very few will venture to eat more than two or three kinds, denying themselves a very healthful and excellent dish through their ignorance; whereas a very little care and study would enable any one to choose correctly—intelligently—and thus secure the satisfaction of using many pleasant varieties.

Mr. Curtis, the botanist, writes that he has eaten forty species of edible fungi, or mushrooms, within two miles of his residence, and had found many of those held in greatest esteem in England, France and Italy, in great abundance in North Carolina. He had found in that State alone one hundred and eleven varieties. The favorite fungi of Italy, and there regarded as the most delicious of all mushrooms, Mr. Curtis finds in North Carolina, and names it the Imperial Mushroom.

The fairy-ring champignon is the most highly-flavored of all the fungi, and may be kept in a dry state for years without losing its aroma.

The "American Cyclopædia," from which we have gleaned much, gives very valuable information connected with all the most important mushrooms; but we can not linger longer.

As a general rule, the edible fungi have an agreeable smell and taste, and all mushrooms in a *fresh state* that have a repulsive odor and acrid taste must be rejected. The edible mushrooms are most plentiful in August and September, and spring up in the open fields after low-lying fogs or heavy dews. In gathering them avoid low, damp, shady spots, as those growing in such places are seldom good. Every edible mushroom has a decidedly pleasant flavor, and is never shiny; but the poisonous ones have either a bad smell or none at all. But a better test is to sprinkle salt on the spongy part or gill of the mushroom. If they turn yellow, they are poisonous; but if

they turn black they are good. Let the salt remain on a little while before deciding. Another simple test, and reliable, is to cook a *peeled white onion* in the pot with the mushroom. If it turns black, throw the mushrooms away; they are poisonous. If a silver spoon turns black while stirring mushrooms, they are poisonous. The young button, as it is called, of the edible mushroom, has the top or cap quite white, while the gills or under part are loose, and of a light red or flesh-color. As they increase in size and age, the top changes to a tawny or brown color, and looks scarry, and the gills change to a darker red or black. The stem, which should be white and round when young, grows dark with age. The upper skin of the edible mushroom peels off readily; *that of the poisonous fungi does not.* The stem is sometimes formed perfectly round, and, when smooth and white, is the best kind of mushroom.

Professor Ponfick, of Breslau, after making many experiments on the common mushroom, concludes that all are poisonous until washing and cooking destroy their poisonous qualities. "The repeated washing that must be given takes a portion of the poison away, and cooking does the rest. But the water in which they are boiled or scalded should always be drained off carefully and thrown away, as that contains the poison, the water being far more injurious even than the raw mushroom."

The professor considers the dried mushrooms dangerous until they have been dried at least a month, and still safer if they are not used for four months after drying.

With all respect for the learned professor, we can not quite agree with his conclusions after his various experiments. We have used several kinds of mushrooms very freely at our own table and at a neighbor's, cooked in various ways, and if all who partook of this luxury have been injured in any degree by them, we must say it takes a long time to develop the injury.

But there is no doubt that they should be well washed and boiled for a few minutes. It is so with the *cassava* or *manioc* plant. The juices of the root are poisonous, and are used by some savage tribes to poison their arrows with when going to war. But after grating and pressure to extract all the juice, and washing the pulp, as in making potato-starch, it becomes not only harmless, but most nutritious and useful, being made into bread, cake, starch, etc. Tapioca is purified cassava.

We now give a number of well-tried receipts for cooking mushrooms; but there are very many others which we have not space to quote.

BAKED MUSHROOMS.

Select large ones; trim the stalks and remove the skins with a damp cloth. Place them on oval crôutens, and set in a baking-pan. Season with salt, pepper, lemon-juice and chopped parsley. Cook in a hot oven five or six minutes, basting often in rich, hot gravy in which a lump of butter has been

melted. Arrange the crôutens or shells on their dish, and pour over them the gravy. Serve sauce *a la Maitre d'Hotel*, in a tureen. To make this sauce:

MAITRE D'HOTEL SAUCE.

Beat together a tea-cupful of cream, two ounces of butter, a tablespoonful of chopped parsley, a tablespoonful of white sauce, a little cayenne, mace, black pepper, salt and, last, two tablespoonfuls of lemon-juice. Put all, when well-beaten together, at once in a stew-pan, and stir till hot and thick; *but on no account* let it boil. This is one of the best sauces for either fish or meats.

SHELLS, OR COQUILLES.

A tasteful variety at a table is a course of something served in shells (*en coquilles*). The natural shells, except oyster shells, are not as pretty as plated-silver scallop shells, which are not expensive, and are always on hand. By purchasing a dozen or two of fine, large oysters, and cleaning their shells carefully every time they are used, they will be suitable to use for a long time, and can be filled each time with fresh oysters or oysters from the can; and oysters, lobsters, shrimps or cold fish of any kind can be served "*en coquille*" in place of a course of fish; but chicken or any kind of meat prepared for these shells, must be served as an *entree*, or corner dish, for the first course. In large dinners, the side-dishes are called *flams*, or custards, sweetmeats, etc.

COQUILLES DE CHAMPIGNONS, OR MUSHROOMS IN SHELLS.

If the mushrooms are large, cut them in small pieces or dice. Put them in boiling water for six or eight minutes; then throw them into cold water to whiten them. Wipe dry and "*saute*," or fry in a sauce-pan with a little butter. When a delicate brown, but not quite done, shake in a little flour and chopped parsley. When the flour is browned a little, pour in a tea-cupful of rich stock, and let all simmer fifteen minutes. Just before it is taken up, beat the yolk of one or two eggs, and stir in with a teaspoonful of lemon-juice. Fill each shell with this mixture, sprinkle over a few cracker-crumbs on top, and brown slightly in a very hot oven just a few minutes before sending to the table. They should be eaten hot.

MUSHROOM SAUCE.

Cut off the stalks, and, if large, cut the mushrooms in halves or quarters, and put into a little boiling water, or, what is better, boiling stock. Use only just what is necessary to cover them. Season with salt, pepper and butter to suit the taste. Let them boil till tender, then thicken the gravy with a "*roux*" of butter and salt; add a few drops of lemon, and it is ready to serve by pouring over beefsteaks, fillets of beef, etc.

A PURÉE OF MUSHROOMS, OR SOUP.

Clean well and cut in pieces a quart of fresh mushrooms; soak them awhile in cold water in which the juice of a lemon has been squeezed. Drain them, and chop fine. Put over the fire a stew-pan, with a piece of butter the size of a duck's egg; when melted, put in the mushrooms. When half fried, add the juice of a lemon, and finish the frying; then cover with some *roux* sauce, and let it simmer till it becomes rather thick; strain and use.

Roux sauce for thickening soups or sauces; put two ounces of butter in a sauce-pan, and set it over a moderate fire; when melted, sprinkle in gradually a tablespoonful of flour; stir, and when turned brown use as directed.

OMELET WITH MUSHROOMS.

Boil the mushrooms in a little water or stock, and add pepper, salt and a teaspoonful of lemon-juice. When just done, sprinkle in enough flour to thicken as much as desired. Make a plain omelet, and when ready to be turned over, drop part of the mushrooms in the center, turn the omelet over them, and, when dished, pour the remainder of the mushrooms around the omelet, and serve.

CROUTE AUX CHAMPIGNONS, OR MUSHROOMS IN CRUST.

Take some tender biscuit dough, spread in a little butter to make it more tender. Make the *crust* three inches in diameter and two inches high, instead of an oval roll shape. While baking, prepare the mushrooms as for garnishing, mixed with a *Beehamel* sauce (which will be described later). When the *crust* is done, cut off a slice from the top of each one. (Remember, *hot* bread or biscuit can be cut without becoming heavy, if it is cut with a sharp and *hot* knife. Dip the knife in *boiling* water a moment.) Take out the crumb or inside of the biscuit or *crust*, and fill in with the mushrooms, prepared as for garnishing, as follows:

MUSHROOMS FOR GARNISH.

Separate the button part from the stalk; then peel them with a sharp knife, taking off merely the skin; put into a stew-pan with a tablespoonful of lemon-juice and two tablespoonfuls of water. Toss them well while cooking, to impregnate them with the liquor. The lemon-juice keeps them white. Pour off the first water, then put in a tablespoonful butter; pour on enough boiling water to make a good sauce, and let them boil till tender. It will not take long, and they are ready to use as garnishes or for sauces.

STEWED BEEF WITH MUSHROOMS.

Five pounds of beef, as much tenderloin with it as possible; put it in a pan and set in the hot oven fifteen minutes; then put the meat in a small

porcelain kettle; dredge over it two spoonfuls of flour, and add pepper, salt, a teaspoonful of mace, half a teaspoonful of cloves, and the same of allspice. Now put in enough cold water to cover the meat, and stew slowly three hours, keeping it closely covered to keep in all the steam. At the end of three hours' unceasing *simmering*, put in half a tumbler of mushroom catsup and a glass of claret, and let it simmer half an hour longer. Serve with plenty of gravy

FILLET OF BEEF WITH MUSHROOMS.

Cut the fillet into slices an inch thick, sprinkle with salt and pepper, and lay them an hour in melted butter in a smooth, clean sauce-pan. At the end of that time, set them over a brisk fire; when well browned on one side, turn and brown the other. Do not let them scorch. Then lay them in a hot dish, keeping it hot. Into the butter which remains in the pan, sprinkle one tablespoonful of dry flour, and let it brown; but be very careful that it does not scorch. When mixed smoothly with the butter in the pan, and nicely browned, add gradually half a cup of boiling water, stirring all the time, so as not to lump; add half a wine-glass of mushroom catsup, and, if you like, the same quantity of Madeira wine. Stir all together over the fire; then pour over the *fillet*, and serve.

MUSHROOM CATSUP.

Select the mushrooms with great care. The under side of the true mushroom is pink or flesh-colored when very young, and becomes dark-brown or blackish as it grows old, and is very pleasant to the smell; but the *toad-stool is not.*

Mushrooms used for catsup should be full-grown mushroom flaps. Be sure that they are gathered *in dry weather*, or the catsup will not keep long. Use half a pound of salt to every peck of mushrooms, for catsup.

Put a layer of mushrooms in a deep earthen pan or dish, sprinkle salt over them, cover the salt with another layer of mushrooms, and so on till all are in the dish. Let them remain thus a few hours, and then break them in pieces. Put the pan in a cool place for three days. Every morning stir and mash them up, to extract the juice. At the end of three days measure the quantity of juice, and allow for each quart one ounce of allspice, half an ounce of ginger, and the same amount of cinnamon or mace, and a quarter of an ounce of cayenne. Put the whole into a stone jar, cover *it very closely*, and set the jar into a kettle of boiling water over the fire, and boil three hours without stopping; then pour it into a clean sauce-pan, and let it simmer half an hour on the side of the range. Pour it into a jug, and set in a cool place; let it stand twelve hours or more. Pour into another jug, and let it settle; then strain it off for bottling. Pour through a strainer into the bottles; to each quart of liquor add thirty drops of brandy. Cork

the bottles very closely. Do not squeeze the mushrooms when straining, but pour off very gently; be careful not to shake the jug when pouring off, so that all the sediment will remain behind. It is important that this catsup should be perfectly clear, and for that reason it is necessary to pour off so often. Strain once, and again strain through a very fine hair-sieve; and if sediment still remains, strain again through a flannel-bag. The bottles must be very perfectly corked, and then cemented. Examine occasionally, and, if it is *working*, reboil, adding a few peppercorns. The sediment may be bottled for immediate use for flavoring thick soups and gravies.

TO DRY MUSHROOMS.

Wipe clean, take away the brown part, and peel off the skin; then lay the mushrooms on sheets of paper to dry in a cool oven, when they will shrivel up considerably. When dry, keep in paper-bags, which must be hung up in a dry place. When wanted, put them into cold gravy or rich stock; set them over a low fire, and gradually to a simmer, when they will nearly regain their natural size. Use as will be directed in various dishes.

MUSHROOM POWDER FOR SAUCES AND GRAVIES WHEN TOO LATE IN THE SEASON FOR FRESH MUSHROOMS.

First wipe the mushrooms perfectly free from grit and dirt; then peel them, removing the black fur; reject all that are worm-eaten. Put into a sauce-pan, and to half a peck of large mushrooms add two onions, sliced, twelve cloves, one-fourth of an ounce of powdered mace, and two teaspoonfuls of white pepper, without any water. The mushrooms will furnish all the liquor needed. Shake them over a clear fire till all this liquor is dried up, but take care that they don't burn. When perfectly dry, arrange them on tins; dry in a slow oven. When dried, pound fine, put into small, *dry* bottles, cork firmly, and then seal the corks and keep in a dry place. If the bottles are not *perfectly* dry before the powder is put in, and also the mushroom powder, it will not keep well.

In using the powder, it should be added to gravies or sauces just before serving, when it should then be allowed to boil up once. The flavor imparted by this powder is exceedingly good.

PICKLED MUSHROOMS.

Choose young button mushrooms for pickling; rub off the skin with a piece of flannel and salt, and cut off the stalks. If very large, take out the red inside, and reject all the black ones, as they are too old. Put them in a stew-pan, sprinkle salt over them, and to every quart of mushrooms put two blades of pounded mace, one ounce of ground black pepper and one small red pepper. Shake them well over a clear fire until the liquor flows and

keep shaking them there until it is all dried up again; then add as much vinegar as will cover them, and let it simmer just one minute; then store away in stone jars for use. When perfectly cold, tie down with bladders, and keep in a very dry place, and then they will remain good a long time, and are generally considered delicious. To be made from first of September to middle of October.

PICKLED MUSHROOMS (NO. 2).

Take the buttons only, and, when they are quite close, cut the stems off even with the gills, rub them with a flannel and some salt till perfectly clean. Lay them in an earthen bowl, in salt and water, for forty-eight hours; then add some pepper, and pour over them enough vinegar to cover them, in which black pepper and a little mace has been boiled. The vinegar must be perfectly cold before putting it to the mushrooms. Thus pickled, they will keep for years.

MUSHROOMS EN RAGOUT, OR A SAUCE FOR A GARNISH FOR ENTRÉES OR REMOVES.

Put in a sauce-pan a little stock-parsley, a small quantity of vinegar and green onions, chopped fine, with salt and spices. Set over the fire; when about to boil, put in the mushrooms, well cleaned. Let them cook ten minutes, remove from the fire when done, and thicken with beaten yolks of eggs. The number of eggs and quantity of mushrooms to be governed by the quantity needed.

A VERY RICH AND GOOD MUSHROOM SAUCE TO SERVE WITH FOWL AND RABBITS.

Rub button mushrooms with a piece of dry flannel and salt, to take off the skins. Put them into a stew-pan, and to each pint of mushrooms put a little grated nutmeg, one blade of pounded mace, one pint of cream, two ounces of butter, salt to suit the taste, and enough flour to thicken, beating the butter and flour together before putting them in. Boil the whole ten minutes, stirring all the time. Pour some of the sauce, when done, over the fowls, rabbits or game, and serve the remainder in a tureen. This is sufficient for one fowl. Seasonable from August to October.

TO STEW MUSHROOMS.

Trim and rub clean half a pint of large button mushrooms. Put two ounces of butter into a stew-pan, and shake over the fire till thoroughly melted. Then put in the mushrooms, a teaspoonful of salt, half as much pepper, and a blade of mace pounded fine. Stew till the mushrooms are tender, add a tablespoonful and a half of butter, and serve on a hot dish. Thus prepared, they are usually sent in for breakfast.

STEWED MUSHROOMS (NO. 2).

Cut off the stalks and pare neatly one pint of mushroom buttons; as fast as peeled put them in a basin of water with a little lemon-juice, to keep them white. When all are prepared, take them from the water with the hands, to avoid any sediment adhering to them. Put them in a sauce-pan with three ounces of fresh butter, white pepper and salt, to suit the taste; add juice of half a lemon, one-fourth of a grated nutmeg; cover the stew-pan closely, and let all stew gently from twenty to twenty-five minutes; sift in one teaspoonful of flour, and add sufficient cream, or cream and milk, to make the stew of proper consistency. If the mushrooms do not seem perfectly tender, stew five minutes longer; remove every particle of butter which may float on the top, and serve.

ANOTHER WAY FOR MUSHROOM SAUCE.

Stew one tea-cup of young and well-cleaned mushrooms in barely enough water to cover them, until tender. Drain, but do not press them; then add a tea-cupful of cream and four tablespoonfuls of butter, nutmeg, salt and pepper to suit the taste. Wet one teaspoonful of flour in cold water, stir in, let it all boil up a few minutes, and serve in a sauce-boat, or pour over boiled chickens, rabbits, etc.

MUSHROOMS STEWED IN GRAVY.

First prepare the brown gravy as follows:

Put two ounces of butter into a sauce-pan, and set over the fire. Cut two large onions into rings very thin, and put in the butter, and fry a light brown. Cut three pounds of shin of beef and two small slices of lean bacon into small square pieces, and add to the butter and onions; pour in a tea-cupful of water; let it boil ten minutes, or until of a nice brown color, stirring it often; add salt and pepper to taste, and three cloves. After cooking as above ten minutes, add three quarts of water; let it boil, then draw it one side and let it simmer gently from one and a half to two hours, then strain. When cold, take off all the fat. To thicken this gravy, put two ounces of butter into a sauce-pan, and set over the fire till hot; then stir in three ounces of flour, and stir till of a light-brown color; when cold, add it to the strained gravy, and boil up quickly. This *thickening* may be made in larger quantities, kept in a stone jar, and used for gravies when wanted.

To stew the mushrooms, make a pint of this brown gravy, clean a pint of mushrooms, cut nearly all the stalks away, and peel the tops. Put them into the stew-pan with the gravy, and simmer gently half an hour. Add grated nutmeg, cayenne-pepper and salt to suit your taste, and serve very hot.

FRICASSEE OF MUSHROOMS.

Peel the mushrooms; then put them for a minute in boiling water, then into cold; take out and wipe dry. Put a lump of butter into a sauce-pan, and when hot lay in the mushrooms. Set over the fire, and keep tossing them in the sauce-pan to keep from burning, for two minutes; then stir in some flour, just enough to thicken the quantity you are preparing; add pepper, salt, a little parsley and thyme. Now add some stock (again be governed as to the quantity by the amount of mushrooms to be cooked), and simmer together half an hour. Take out the mushrooms, strain the liquor to make the sauce, then beat into the liquor a few yolks of eggs according to the quantity wanted; add a spoonful of lemon-juice. Stir the eggs and juice into the sauce, and serve with the mushrooms; or, have some fried sippets of bread, and place the mushrooms on them, and then pour the sauce on top.

CONSTADES OF MUSHROOMS.

Chop an onion small, fry it in butter till a pale brown, stirring it carefully to prevent burning. When brown, add a quarter of a pound of finely chopped mushrooms, and simmer with the onion till the mushrooms are two-thirds cooked. Soak two anchovies, pound them in a mortar with a teaspoonful of French mustard, and three tablespoonfuls of brown sauce. When all well beaten together, add to the mushrooms; boil all together three minutes, and fill the constade cases, or shells.

MUSHROOMS "A LA BORDELAISE."

Put some butter—or oil, if preferred—on a flat baking-dish, sprinkle bread-crumbs and finely chopped parsley, lay over some mushrooms, then more butter or oil, pepper, salt, and finely-chopped parsley, bread-crumbs, and more mushrooms. Bake about half an hour, according to the thickening of the mushrooms.

STUFFED MUSHROOMS.

Chop up the stalks of the mushrooms with one-fourth their quantity of parsley and some eschalots; squeeze them in a cloth, then warm five minutes in butter and a little brown thickening. When done, fill the mushrooms which have been washed quickly, drained, dried and trimmed; put them on a buttered baking-dish, sprinkle with sifted bread-crumbs, and bake ten minutes; then serve.

MISCELLANEOUS.

HINTS TO THE INEXPERIENCED.

Calicoes, muslins, French lawns and cambrics are a source of perplexity and anxiety to many housekeepers. We have often heard the remark that such dresses, especially calicoes—which are much the cheapest—are only fit to wear while they can be kept decently clean without washing. That is too true, if they are washed as most are, without special oversight and direction from the mistress. Very few servants, if not emphatically cautioned, understand the proper mode of doing up such articles.

If left soaking in suds, or washed in the suds which was used to wash the white clothes; if starched stiff and with common starch, or in flour starch; if hung in the sun to dry, and ironed on the right side with a very hot iron, it is not strange that they are not thought suitable for use after once having been washed and ironed. But if carefully treated in the laundry, dresses of either of these materials should continue to look fresh and new till thoroughly worn out.

Black and white cotton or linen dresses are thought very difficult to cleanse and do up, because the color "runs" and settles in the white, and the same complaint is made of stone, slate, brown or maroon colors. But by a few precautions and a little extra care in the first washing, there need be no further trouble with any of these colors.

Before washing black and white cotton or linen dresses, or any of these dark colors, first dip them in salt and water, and hang in a shady place to dry. Two coffee-cups of salt to eight or ten quarts of cold water is the proper proportion. When dry, put them into a light suds, not very hot, and wash as usual. A little salt in the rinsing-water is desirable. After washing once in this way, they can ever after be washed without these precautions. No colored goods should be allowed to soak at all, either in suds or rinsing-water. Let the work be done as speedily, with as little delay when first begun, as is consistent with being well done.

An easier way—and we have tried it successfully in washing the fine colored lisle and cotton hosiery of dark and medium colors now so much used—is to put *black pepper* into the suds when hot, let it stand till the water is cool enough to wash colored goods, and then put them in and wash as usual; rinse in one water, and hang in a shady place to dry. A great spoonful and a half of pepper to a pailful of water. The pepper does not affect the suds at all, but sets the color, and we are told that it is equally effective with all cotton or linen fabrics, light or dark. We have tried it only on hosiery, and not on any very light colors.

Another way is to mix two cupfuls of wheat-bran in cold water till a smooth paste; then stir it into one quart of soft, boiling water. Let it boil half an hour, then strain, and add to it four or five more quarts of soft, warm water, or enough to wash a dress in. Use no soap, for the bran answers all the cleansing purposes of soap. The water should not be much more than milk warm, and perfectly clean. Add a tablespoonful of salt, if there is black in the dresses or any color that may "run." Rinse thoroughly in only one water. No starch is needed; but if one thinks it desirable, use a little white glue water, not hot.

Many prefer muslins or calicoes very stiff. We think it a mistake, aside from the unpleasantness of wearing skirts or dresses so stiff as to rattle, that to have such articles look like new they should have no more stiffening or polish than new goods have. Except the coarsest and cheapest cotton goods, we find none in the stores that are so very stiff or glossy. To avoid the last, iron on the wrong side, and not with a very hot iron, and there will be none of the shiny look which a hot iron used on the right side will always leave.

FINE STARCH.

Pour a quart of boiling water on three tablespoonfuls of the best fine starch that has been made into a smooth, thin paste by wetting in cold water. Stir rapidly while pouring on the hot water. Put it over the fire, and continue to stir till it begins to boil. Let it boil slowly fifteen minutes, stirring it often enough to keep from scorching. A little salt, butter, pure lard or sperm candle is stirred in by some; but one teaspoonful of kerosene oil to every quart of starch is better still, as it entirely prevents the iron sticking, and makes the articles clear and glossy. But care must be taken not to have more than that proportion of oil used, else it will injure the clothes. The mistress should look after this, because starched things iron so much more easily, and polish so much better, that laundresses who have used kerosene are inclined to feel that they can not have too much of a good thing.

Either kerosene, salt or sperm should be used in flour starch. We think butter yellows white goods.

TO RENEW VELVET.

If wet, it becomes hard, knotty and shiny, and to all appearances spoiled, but can be fully restored, looking as well as when first taken from the store, if it is made quite damp, wet thoroughly—only not enough to drip—on the wrong side, and then with the assistance of another held over a very hot iron, but not allowed to touch the iron at all. One should hold the hot iron face uppermost, while another holds the dampened velvet close to the iron. In a few minutes the "pile" rises, and the velvet becomes like new. The

heat of the iron sends the water through the tissues of the velvet, forcing the steam out at the upper side, thus separating the small flossy fibers that, having been dampened or wet on the surface, flatten down and adhere together in hard bunches. If one should attempt to *iron* the velvet where it has been wet, it would only flatten these fibers still more and make the surface harder; for this reason it is important that the velvet should not touch the hot iron.

After the velvet assumes its proper appearance it is well to spread it over a skirt board or table, and brush gently with a soft brush. Be sure that it is thoroughly free from dampness before putting it away in its proper place.

When velvet is crushed by packing or use, hold the parts defaced over a basin of hot water—the lining, or wrong side, next the water—and the "pile" will soon rise up and look like new.

WASHING—SODA

Weakens the fabric of goods washed in it, and a German chemist advises the use of hyposulphite of soda instead of the common washing-soda. He assures us that it does not injure the strength of any goods, but has some peculiar bleaching properties by which linen and calicoes are greatly improved in appearance.

LAMP—WICKS.

Should be changed frequently, or, if not too short, washed in strong, hot soapsuds, with some ammonia in the rinsing-water. We think the trouble with poor light from kerosene lamps probably arises from the wicks being full of the sediment or refuse matter which comes from the oil, and that impedes the free passage of the kerosene through the wicks.

FADED WRITING.

If the paper is moistened with water, and then brushed over with a solution of sulph-hydric ammonia, it will be restored. This article can be obtained of any druggist.

TO POLISH SHIRT—BOSOMS.

It is important, as far as possible, that the implements for work should be made and kept in the best manner. It is difficult—we think impossible—to secure the full polish without a properly prepared board, and the best and smoothest irons; a regular polishing iron is very desirable.

First, the bosom-board should be of well-seasoned pine, free from gum, one and a half inches thick, one foot nine inches long and eighteen inches wide. It should be rounded on one end, straight, cut smooth, having no edge, the square end made smooth. Fold flannel or an old piece of soft blanket, two

or three double, until it is quite soft and thick; tack each layer to the edge, and draw it tightly over the board, taking care there are no wrinkles; the last two layers should be Canton flannel, the upper one as fine as you can get. Spread the other side with thick flour-paste, and spread over a piece of Canton flannel, pressing it down smooth into the paste, drawing it perfectly straight. Let it dry perfectly; then lay over that more paste, and stretch over another piece of Canton flannel. Rub it down over the paste until free from all wrinkles. Let that become very dry; and so on till you have four thicknesses of Canton flannel well pasted on; then tack the edges down neatly on the sides of the board. It is a little trouble to make; but well done, and kept carefully, it is for life. Have cotton cases to draw over the board, changing every week. The soft side is to iron embroidery, Marseilles vests and figured articles; the hard side to polish shirts and collars on.

Next, the starch. The best vessel to make starch in is a bell-metal skillet, or a Wedgewood ware or fire-proof earthen pipkin, as in these it is less liable to scorch or be discolored. Mix the starch with cold water until it is of the consistency of common paste, carefully rubbing all lumps till the whole is perfectly smooth; then pour upon it boiling water in proportion of a pint to an ounce of starch; add to the boiling water what bluing is necessary before pouring the water over the starch; stir the starch smooth while pouring on the boiling water, then set the skillet over the fire, stirring constantly until it boils up; always stir the starch with a wooden spoon. After adding the hot water, stir in a tablespoonful of gum-arabic water and one quarter of a teaspoonful of salt. The gum-arabic helps give a polish; the salt prevents the starch from sticking to the iron. Let the starch boil only a few minutes, then skim and strain while hot; this can only be done by dipping the strainer in cold water while the starch is in the bag, squeezing it out immediately, before the bag gets too hot to handle. Wet the bosom and collars in hot water, wring very dry, and then starch them. (The clothes should be dried before starching.) Rub them well that the starch may penetrate, then wring in a dry towel to remove all starch that may remain in lumps on the outside; spread out evenly, rub down with a dry cloth, and roll tightly; let them lie two or three hours—not longer in warm weather, lest the starch gets sour; in winter they can lie longer, even all night if put where they don't freeze, but it is never safe in summer.

Now the ironing. First, iron the neck binding, after that the back of the shirt, folded in the middle, then the sleeves and remainder of the body; next, cuffs and collar, if on the shirt; and, lastly, the bosom. The bosom, collar and cuffs should first be ironed on the soft or padded side of the bosom-board; then, to polish, turn the hard side up, place the bosom on it, pass a damp cloth lightly over it, and iron hard and quickly with a polishing iron, which differs from others in being rounded instead of flat, and without an

edge, and, being perfectly smooth, it leaves no mark of the iron, as other flat-irons do. It costs no more than others, or very little more, and is indispensable in polishing linen in the best style, and exceedingly useful in ironing caps, vests and many small articles.

We do not know as this is the mode in which linen is polished in the large laundries; but it is, if the directions are properly followed, very successful.

REMOVING SPOTS FROM ZINC.

"A Young Housekeeper" inquires: "Can you tell me how to remove spots and stains from zinc? A piece under my parlor-stove has several large spots on it. They were there when it came, and annoy me much, spoiling the appearance of the whole room."

The person who sold you the zinc with such defects upon it should be requested to replace it with a perfect piece. He had no right to send you any thing so unseemly; for it can not but annoy you to have such blemishes before your eyes continually.

If spots on zinc or any metal have been of long standing, particularly if they are from rust, we doubt if they can ever be totally eradicated; but the best article we have ever tried for rejuvenating all kinds of metals, is the sapolio soap. It can be found in city or country, at almost all hardware-stores, groceries and druggists, with full directions wrapped round the cake of soap. It will, we think, take off all spots, stains or rust that can be removed; but we doubt if that, or any thing, can so far conquer rust as to make the spot where it has eaten look as "good as new." We find it excellent to keep all articles of tin, brass, copper or steel in good condition; all these metals and bath-tubs, usually made of zinc, can be kept bright by it, far more readily than with bath-brick, rotten-stone or oil. We have not, as yet, had occasion to try it on rusty zinc, but are told it is more effective than most preparations.

Clean lard, free from salt, rubbed on zinc with a cloth, and afterward removed by a thorough rubbing with a clean dry cloth, will keep zinc in a good condition after spots and dirt are cleaned off. We have seen it stated that rust can be removed from steel by rubbing it faithfully with sweet oil, and leaving it on the steel for forty-eight hours. Then take unslacked lime, finely pulverized, and rub with that till the rust disappears. We have never tried it, but it comes from good authority; and we see no reason why it should not be as effective for zinc.

These are the best hints we can give for removing rust after it has once begun its work; but "prevention is better than cure," and this mischief may be prevented by mixing with a little lard-oil and varnish, four-fifths as much well rectified spirits of turpentine. Mix well together and apply with a sponge. Articles rubbed with this retain their polish, and will not contract

rust. We know that this is true with regard to steel, brass, copper, etc., and doubt not would be equally useful with zinc.

TO TAKE INK FROM LINEN.

Wash the spot in salt and water, as soon after the ink is on as you can, taking care that it is not put into suds before it has been well washed in the salt and water, and then sponged with lemon-juice, as the soap will instantly "set" the color, making it almost impossible ever to remove the ink.

When ink is spilled on the carpet or on woolen goods, if attended to instantly after the accident, it can be taken out entirely by sweet milk. First wipe off carefully all that can be soaked up by a handful of cotton-batting. Then have a dish of sweet milk ready, and, dipping the clean cotton-batting in it, wash the spot, changing the batting for a clean piece as soon as it gets black with the ink. Continue this till the ink no longer shows; then take a pail of hot suds and a clean cloth, and wash as far as the milk has wet; rinse with clear, warm water, and rub dry with a clean cloth. We have never known this to fail.

Ink-spots, paint or grease can be removed from clothing, by mixing four tablespoonfuls of spirits of hartshorn, the same quantity of alcohol, and one tablespoonful of table-salt. Mix it well, and apply with a sponge or brush. Wash off with clear alcohol.

To remove ink-stains from colored articles, drop hot tallow on the spot; then soak and rub it with boiling milk. This will be found effectual. Of course the tallow and milk must be afterward washed off, either with soap-suds or alcohol, else a grease-spot will be left.

CARE OF OIL-CLOTHS.

Oil-cloth should never be scrubbed with a brush, and on no account use soap-suds or hot water. It has a bad effect on the paint, and the cloth will not last as long. After sweeping, wash with soft flannel and lukewarm or cold water. Let the oil-cloth get thoroughly dry; then prepare a small bit of beeswax, softened with a little turpentine, and rub the cloth well with this preparation, using for that purpose a soft furniture-polishing brush. This need not be done every week, but whenever the oil-cloth grows dingy. Cared for in this way, it will last twice as long as with the ordinary scrubbing, and always look fresh and new.

A less troublesome way, but not quite so effective, is to wash the oil-cloth, after sweeping and washing with flannel and warm water, with sweet skim-milk, and then rub very dry with a clean, dry cloth. Wipe straight one way of the cloth, not round and round, as that will give a cloudy, unpleasant look to the cloth.

DIFFERENCE BETWEEN COOKING-SODA AND WASHING-SODA.

We copy from the "Agriculturist" a much-needed and thorough explanation: "The bicarbonate of soda of the shops is what is known as baking- or cooking-soda. We use this soda with sour milk, molasses or wherever an acid is present (as there usually is in molasses, even though it is sweet), for a double purpose: in the first place, to neutralize the acid; and, secondly, that the carbonic acid or gas, set free by this action of the acid on the soda, may permeate the mixture in minute bubbles; and these, when expanded by the heat of cooking, help to make the article 'light.' We use washing-soda for cleansing purposes, and the bicarbonate of soda for cooking; because, supposing both to be pure, cooking-soda contains twice as much carbonic acid (the gas just mentioned) as washing-soda does. For the purpose of simply neutralizing the acid, washing-soda is as good as the other, which is used merely because it gives off this gas, and gives lightness to the article in which it is used. But if in dissolving cooking-soda hot water is used, or if heated in any way, this extra quantity of gas is driven off, and the soda is reduced at once to common or washing-soda. Even if the water is not boiling, but simply hot, much of the gas is lost, and we might as well use the common washing-soda at the start." In this explanation you will see why we have constantly specified that soda should never be dissolved in hot water. Tepid water may be used, but we much prefer to dissolve the soda in cold milk or water. If put into the cold liquid and covered over in good season, it will dissolve as perfectly as in hot water; or it can be rolled very fine and put to part of the flour and sifted, and thus be thoroughly incorporated with the flour, so as to leave no yellow spot in the bread, cake, etc., when cooked, if it has been well beaten or molded. But when used in molasses, part of it should be dissolved in as little water as possible and beaten into the molasses till it foams, and then instantly poured to the other ingredients.

WASHING COLORED TABLE-CLOTHS.

Soak in clear, cold water half an hour, wring out, and wash quickly through clear, warm suds. Wring as dry as possible, and put into cold water, into which put a large handful of salt. Let them soak fifteen minutes, then wring dry, and starch with very thin starch. Hang up instantly, never having them wrung out a minute before putting on the line. When dry, roll in a damp cloth for an hour, and then iron. But an excellent housekeeper, and one who is careful about many things, says: Do not iron a red table-cloth at all; wash it carefully in warm suds, not hot, rinse well, and, when ready to hang on the line, take great pains to pull it so that it will keep the proper shape. It will retain its color much longer than if ironed. One

use to make of a colored table-cloth which is too much faded to look well on the table, is to turn it into a crumb-cloth. Starch it as stiff as possible, iron it nicely, keeping the edges straight. Instead of tacking it to the carpet, pin it in place; then it will be little trouble to take it up when it needs washing. It will keep clean a long time. It is a good thing to know this, even if you have a handsome crumb-cloth, as this can be put down when that has to be taken up and cleaned.

WASHING BUFF AND DRAB TABLE-CLOTHS.

It is impossible to be assured that stains can be removed without injuring the color of buff and drab table-cloths. Washing is very likely to fade these delicate colors, and it is necessary to dip them in salt and water to "set" the colors. This, however, would probably "set" the stains also. The safest thing to do is to hold the cloth over a bowl and *pour boiling water over it.* Any stains which are not then removed may be given up as permanent defacements. It is this difficulty which makes the use of any but white table-linen a costly and temporary luxury—and a doubtful one at that.

TO WASH DAMASK TABLE-LINEN (PINK AND WHITE).

Put a teaspoonful of sugar of lead into two-thirds of a pail of water, and when dissolved soak the table-linen in it fifteen or twenty minutes, and we think you will find it will not fade. We have never washed table-linen of such delicate colors, but find the most delicate pinks and blues hold fast their integrity if sugar of lead is used. Be careful when wringing the articles from this water that there is no cut or sore on the hands, as the sugar of lead is poisonous.

Every thing that is liable to fade must be washed quickly, and not allowed to soak in suds or rinsing-water, and hung in a shady place to dry. Never wash flannel, silk, or colored things on a wet or cloudy day, but lay them aside for a fair day; and when washing such articles do not let them stand and soak, but wash, rinse, starch—if needed—and hang out each thing as fast as possible, and then take the next.

TO CURE CANARIES OF ASTHMA.

Soak a piece of sponge-cake in a teaspoonful of whisky and two teaspoonfuls of water. Give the bird some of this twice a week. Keep it carefully from any cold draughts. Give the bird a bath of tepid water twice a week. Grass-seed, the inside piece of lettuce, or chickweed when in season, is beneficial. Keep cuttlefish bone always in the cage. Put a nail or bit of rusty iron in the drinking cup, changing the water every morning. Avoid giving hemp or rape seed—as they are too heating—and sprinkle good light sand, not white sand, on the bottom of the cage every day.

TO CLEAN TILED FLOORS.

Wash once with a solution of muriatic acid and warm water—a pint of acid to a half bucketful of water; then wash off with clean water and soft-soap. Wash afterward twice or thrice a week with water and soft-soap.

POLISHING-IRONS.

The high polish which is desirable for all articles, like shirt-bosoms, cuffs and collars, that require to be made much stiffer than most starched things, is supposed by many laundresses—and by some of their employers—to be a mystery demanding much experience and great skill to master. For that reason, instead of attempting to solve the riddle, they are content persistently to assert, "I can't;" and having thus settled in their own minds that it is something far beyond any possible attainment of theirs, they endeavor to be content to see work of this kind imperfectly executed. We have heard ladies who have the credit of being good housekeepers acknowledge that it would be quite impossible for them, in any emergency, to iron any article that needed polish, or to teach a child or servant how to do it correctly. If, therefore, they engage a laundress whose ironing proves unsatisfactory, they are compelled to part with a servant who, by a little explanation and training, might have been made invaluable.

It is a mistaken idea that any more skill is needed than that which comes with good judgment and such experience as repeated and careful trials and an earnest desire to succeed will bring. One can learn how to iron and give the requisite polish with much less time and instruction than is required to learn a new stitch or to perfect a new design in any of the fancy-work to which so much time is devoted.

This secret lies chiefly in the mode of ironing rather than in the preparation of the starch. The best and most elaborately made starch will never give the polish sought for. Many believe it impossible to give the luster unless gum-arabic, sperm, white wax or kerosene is put in the starch. These are good, making the labor easier, but the polish can only be perfectly given by the use of a polishing-iron. These irons can be obtained at almost any hardware or house-furnishing store. They are rounded on the points, back and sides, and are very highly polished. After the article has been smoothly ironed, hard rubbing with these irons will produce as high a luster as one ever finds on a new shirt. A few trials will soon teach one the proper use of these polishing-irons, and give the skill to use the rounded ends and sides like an expert.

CLOSING CRACKS IN CAST-IRON STOVES.

If finely pulverized clay and a little salt are mixed with an equal quantity of wood-ashes, sifted through a fine sieve, and made into a paste with water,

and then filled into the cracks of a stove when the stove is cold, it will effectually stop the cracks. It makes a cement that will not pull off or break, and soon assumes, after being heated, a great degree of hardness. This can also be used with good results in setting the plates of a stove or fitting the pipe, making all the joints perfectly tight. This is a useful hint for country housekeepers, who can not always get repairs done on short notice.

PRESERVING EGGS.

A French pharmacist offers the following discovery for preserving eggs; namely, to use a solution of silicate of soda, which, being of a very glutinous or adhesive character, is kept in a liquid state by adding a little tepid water. Simply dip the fresh eggs in this, and then dry them. When thoroughly dried and completely covered with the silicate solution, which any druggist can furnish, the eggs can then be put away, and will keep, it is stated, for more than a year without injury.

SMALL HOLES

In white walls can be easily closed without the assistance of the mason, by taking equal parts of plaster of Paris and the white sand used in the family to scour with. Mix with water to a paste and apply immediately. Smooth off with a flat knife or piece of wood. This mixture hardens very quickly, and, therefore, only a small quantity should be prepared at a time.

SCOURING–BALLS.

Scouring-balls are now almost superseded by other cleansing compounds. Some balls are made simply of "fuller's earth," but the best are made of fuller's earth, soap and ox-gall, made into balls and dried. The ox-gall, we think, is quite as effective when used alone. It is an excellent article for removing grease-spots from silks, etc., as it unites with the grease without injuring the fabric, and generally not disturbing the color. It can be used fresh from the butcher's, or the "prepared gall" can be bought at the druggist's.

TO RESTORE COLOR.

If the color is taken out by acids, wet the spots with liquid ammonia to kill the acid, and then wet with chloroform to restore the color. If the color is destroyed by alkalies, wet with acid to destroy the alkali, and then with the chloroform to restore the color.

TO REMOVE FINGER–MARKS FROM A PIANO.

Have two chamois-skins; moisten one with cold water; first wipe the spots with this, and immediately rub well with the dry skin. Beware of using any patent polish.

TO CLEAN SILVER.

Wash first in a strong soap-suds, boiling hot, to remove all grease or impurities. Wipe perfectly dry, then mix as much powdered ammonia as will be needed, to a thick paste, with cold water or spirits of wine. Put this paste over the silver with a soft bit of flannel, and leave it till the paste is perfectly dry. If there is much silver to clean at the same time, the paste on the first piece will be well dried by the time all have been covered with the paste. Then, beginning with the first article, brush the dry paste off thoroughly with a soft brush made especially for cleaning silver. Be particular to brush all the raised or chased work perfectly free from the paste; then polish each article, after well freed from paste, with a soft, dry chamois-skin, and your silver will look like new; and, if well washed in hot soap-suds, rinsed in hot water, and wiped very dry every time it is used, the silver should not require cleaning in this way more than twice or three times a year. But the washing and drying must be very thorough.

TO BUY SPICES GROUND, OR GRIND AT HOME.

It is certainly more convenient to buy spices all ground and put up neatly in boxes, and under some circumstances, with honest dealers, may be equally economical. But one always risks buying impure articles—those which have been adulterated. It is asking a little too much to expect housekeepers to believe, as is often advertised, that one can buy spices all ground and neatly put up for less than the cost of the whole spice. A person of good common sense will at once suspect that some foreign substance has found its way into the mill while the spice is being ground. No reflection on any one's honesty, but the most faultless are liable to mistakes, and we must all be charitable in our judgments, provided these accidents do not occur too frequently.

TO DETECT ADULTERATIONS IN TEAS.

The leaves of other shrubs are sometimes mixed with the tea, but can easily be discovered by steeping a little, and then dropping a grain and a half of copperas or blue vitriol into the tea. If real green tea, when placed in a good light, it will appear a fine light blue. If it is the true bohea, it will change to a dark blue, almost black; but if adulterated, green, yellow and blue colors will be easily seen in the infusion. Tea is sometimes dyed, when fresh gathered, with Japan earth, which gives the whole the color of bohea tea; but this is also easily detected when once suspected, because, when dyed, a less quantity of the tea will give a deeper color than it would have if the tea were pure, and the color will be a reddish brown instead of the dark color of the genuine article, and the leaves, after being steeped, will be greener than true bohea. The tea also has a harsh, rough taste, instead of a

clear, balsamic taste. Milk, also, when poured in, looks reddish, rather than blackish brown. Sulphate of iron, when added to the liquor, will turn it light blue instead of nearly a blue black. Tea is sold for pure green tea when it is simply an inferior article of bohea dyed with green vitriol. But it can be at once detected by putting a bit of gall-nut into the infusion, when it will turn a deep black; but if genuine, and no sulphate of iron mixed in it, it would not thus change, for galls will not change the color of pure tea. There are many other tests, but these are sufficient. Many of these tests we heard of in California, where they are unusually particular to have the very best teas that can be procured—at least, we found them such. We are also indebted to an excellent book recently published, entitled, "Every-day Facts for Every-day Life," which will be a most valuable help to any housekeeper.

CARE OF MARBLE STATUES.

Fine marble should not be handled. Sculptors say that the oil in the hand discolors the marble. However true that may be, fine statues are often yellowed by being washed improperly. Only pure cold water should be used, and a painter's brush employed to wash them. If carefully dusted with a feather duster every day, marble statuary should not need washing more than twice a year. They need gauze covers in summer. If any insect gets to them, alcohol will be needed to remove the stain, but never use soap or warm water. The light, so say good artists, should fall on statuary from such a height as to leave but a hair's breadth between the shade of the nose and the upper outline of the upper lip.

A SIMPLE BUTTER-COOLER.

When ice can not be easily obtained, put a trivet, or some open, flat thing with legs, into a saucer or soup-plate, and set the plate of butter on the trivet. Fill the saucer with water, turn a clean, common flower-pot upside down over the butter, so that the edges will sit within the saucer and under the water. Put a cork tightly into the hole in the bottom of the flower-pot, then drench the flower-pot with cold water, and set in a cool place over night, or for some hours before needed on the table, and it will be as hard as if kept on ice.

POISONS

Of almost any kind or degree of power taken into the stomach, may be neutralized by swallowing instantly nearly two gills of sweet-oil—a strong, healthy person may take twice that quantity. It is alleged that the oil will destroy the effects of any form of animal, vegetable or mineral poison.

TO REMOVE MILDEW FROM WHITE MUSLIN.

To be successful and do no injury to the cloth, the mildew should be extracted as soon as possible after it is discovered. It is almost impossible to

remove it, if long unattended to, without serious injury to the garment. Mix soft-soap and finely powdered starch with half the quantity of salt and the juice of a lemon. It should be as thick as paste. Wet both sides of the cloth with this preparation, and spread the cloth on the grass. Let it lie there day and night till the mildew disappears, renewing the paste two or three times a day; or,

Put salt into tomato-juice, and wet the stain in that. Spread the cloth on the grass, renewing the salt and tomato-juice as before till the mildew disappears; then rinse in clear water, and boil and bleach with the other clothes; or,

Moisten a piece of soap, and rub over the spot; then spread whiting over the soap, lay on the grass in a hot sun, and as it becomes dry wet the spot, and from time to time renew the soap and whiting.

ANOTHER WAY TO REMOVE MILDEW FROM LINEN.

Chloride of lime is the surest and most expeditious; but great care must be used not to keep an article in it long, as it will injure the texture.

Put one and a half tablespoonfuls of chloride of lime into a pail two-thirds full of water (a wooden pail or earthen bowl, as it will rust tin or iron, and do more harm than good), and let the mildewed spot soak in this twenty minutes. Then wash and boil. If the spots do not disappear, rinse from the first water, and, after rinsing, dip into the chloride of lime and water again, and hang up without wringing, in the full blaze of the sun for five or ten minutes. Then wash, boil, rinse and hang out. If the spots have been of long standing, this treatment must be renewed several times; but if of recent date, there will be no trouble in taking them out.

Lemon-juice, chalk and soap will usually remove mildew, if recent, and is not so liable to weaken the cloth as chloride of lime. Wet the spots in clear water; then make a paste of soft-soap, chalk and lemon-juice, and put on the spots, and spread in the sun. Repeat if the spots do not disappear on the first trial; then wash, boil, rinse and dry.

INK AND IRON-MOLD

Can be removed from linen by any acid that will dissolve the red oxide of iron which is found in ink and iron; but care must be taken that the acid is not too strong, or the fabric of the goods will be destroyed. Oxalic acid is very good to take out such spots, and salts of lemon also; but both must be carefully used, or the cloth will be weakened; and it should be remembered that both are deadly poisons.

To use salts of lemon, crush a little of the salts fine, and lay on the ink-spot or iron-mold. Then drop enough hot water into the salts to moisten it. Lay it on a water-plate, having boiling water in the reservoir; or, if no water-

plate, put it over a tin-plate, set over boiling water, but only for a few minutes. Then remove it, and rinse quickly. If some stain still lingers, apply again in the same manner, or several times may be needed if the spots have been of long standing.

But we have a great repugnance to the use of these acids, both on account of the danger of rotting the cloth, and because they are poisonous. A moment's carelessness, especially where there are young children, may be fatal. We prefer to mix equal parts of salt, pulverized starch and soft-soap, and wet them into a paste with clear lemon-juice. Lay the garment in the sun on the grass, or put it in a window where the sun shines hottest; keep it there several hours, or all day if need be, renewing the application every hour or two if once does not prove sufficient. It will be enough if the spots are fresh. When all have disappeared, rinse off in cold water; then wash and boil as usual. Do not put the article into the suds until all the stains have been removed; or,

Dip the spot in sour buttermilk, and dry in the hot sun, re-dipping it several times until the spots are no longer visible; then wash and boil as usual. In either method the application should be put on both sides.

EXTRACTING STAINS.

Stains from *vegetables* or *fruit* can usually be extracted, if taken in season, by drawing the cloth tightly over a large bowl, and pouring boiling water over the spot; but if left to dry they are more difficult to erase. A little soda rubbed on the spot, and just moistened with water, will remove the stain, but endangers the strength of the cloth. A mixture of ammonia and spirits of wine is safer. The spot should soak in it several hours.

TO WASH BROWN LINEN.

Take enough timothy hay to fill a ten-quart kettle two-thirds full when pressed down, cover it thoroughly with soft, hot water, and boil till the water is a dark, greenish color. While the hay is boiling, make flour-starch in the usual way, and when the hay-water is of the right color strain it into the starch, and put the linen into it, not hot, but tepid, letting it soak ten or fifteen minutes, no longer; then wash without any soap. The starch and hay-tea will clean the linen, and no rinsing will be needed. Linen washed in this way will look like new as long as it lasts.

COLORED ARTICLES.

Blue, stone, slate and *brown* can be washed and retain their color perfectly by putting sugar of lead into the water in which they are to be washed. Dissolve one ounce of sugar of lead in a pailful of hot water. When thoroughly dissolved, and the water cooled so as to be about milk-warm, put the

articles to soak in the water an hour or two; then wring out, and hang up to dry before washing. When dry, wash as directed in bran-water. The sugar of lead fixes the color permanently, so it will not need to be repeated.

Be cautious that there is no scratch, cut or sore on the hands, and that none of this water gets into the mouth, as sugar of lead is poisonous.

REMOVING STAINS.

Fruit or *wine stains* can be removed from woolen or cotton goods by sponging them gently—do not rub the goods—in ammonia and alcohol; a teaspoonful of ammonia to a wine-glass of alcohol; then sponge off in clear alcohol. Then, if needed, the material can be washed. Stains in almost any colored silk can be removed in the same way.

A Southern method of *removing stains from black cloth* is said to be very effectual. Boil a quantity of fig-leaves in water until the water is reduced to one-half its original quantity. Keep the liquid bottled, ready for use at all times. When needed, apply with a sponge, rubbing the spot gently with the liquid, and rinse off, after the spot disappears, with warm water.

WASHING FANCY COLORS.

Buff or *fawn* colored muslins or calicoes are easily spotted, and are then hardly fit to wear; but, if figured, by dipping the dress into strong soda and water the buff color will be entirely taken out, and the figures in it remain unchanged on a white ground. *Pink* calicoes and muslins are easily faded if not washed with care, and sometimes will fade by exposure to the sun. We have been informed that if, after rinsing, they are dipped in vinegar and water, the color will become almost like new. Use only vinegar sufficient to make the water pleasantly acid. This we can not be responsible for, as we have never tried it, and think we should have more confidence in trying the wheat-bran water.

COFFEE–STARCH.

Used for all dark calicoes, percales and muslins. Wet two tablespoonfuls of the best starch in enough cold water to stir it into a smooth paste. When free from any lumps, and perfectly smooth, stir in a pint of clear coffee, boiling hot. Stir over the fire till thoroughly mixed, then let it boil slowly ten minutes. Stir it occasionally with a sperm or wax candle, strain, and use not too hot.

We do not like this as well as bran-water and hay-tea, but it is preferred by many.

FLOUR–STARCH.

Much used by those who like their calicoes or muslin dresses very stiff. They may keep clean longer when thus stiffened, but the rustle of a stiffly-

starched dress is annoying, and certainly no one would mistake such a dress for new.

Wet four tablespoonfuls of flour in enough cold water to mix it perfectly smooth and free of lumps; then put one quart of boiling water into a clean tin or porcelain kettle, and stir to this the paste of flour and water. Stir steadily until it boils, and, after that, often enough to prevent its burning. It should boil about five minutes; then strain through a towel kept for that purpose, or a coarse and slazy linen bag. This is sufficient for one dress.

SOAP-STONE GRIDDLES.

The soap-stone griddle should be rubbed, after taking up one mess of cakes, with brown paper before putting on the next, and before putting away should be well cleansed with sand-paper. No grease is needed, and, if cared for as above directed, will always be sweet and smooth. It is better than an iron griddle, because there is no smoke or smell when baking cakes. If they are greased, they will be spoiled. They may be a little rough at first, but using sand-paper will soon make them smooth.

BEESWAX.

In the manufacture of beeswax at home, we have always taken precaution to save all the comb or wax that could be gleaned from the plates or be scraped from the sides of the box, to which it closely adheres. When sufficient had been saved to make it worth the time which would be consumed in melting it, we tied it in a muslin bag, put it in a skillet of boiling water, placing it where it would keep up to the boiling point without actually boiling, till the wax melted and floated on the top of the water. As fast as it rose to the top, with a fine skimmer, heated so hot that the wax could not instantly cool and adhere, it was taken off and drained into a small cup or mold. Wax thus gathered can be obtained quite clear and free from motes, but unless one has a large apiary and can prepare the wax in a good condition for the market, one can hardly secure enough to be tempted to spend much time over it. Only a very small piece of wax can be made from one box.

In an apiary the combs are all preserved, as far as practicable, for the use of new swarms, to economize time as well as honey. Between twenty and thirty pounds of honey are used by these industrious workers to make one pound of comb. If, therefore, the comb is preserved for the new swarms, they will not be delayed in their work, except to make such slight repairs as most tenants find necessary on renting a house. The combs, however, should not be used more than two or three times before they are melted up for wax; as the cells fill up after repeated use, giving so little room for the bees to work

in, that they become dwarfed and incapable of producing their full proportion of honey.

In those establishments where wax is manufactured in large quantities, it is re-melted, after the process already described of melting and skimming, either by hot water or steam, and then while hot arranged to flow upon horizontal wooden cylinders, which revolve half immersed in cold water. By this process it runs off in thin strips or ribbons, which are bleached by this exposure to the moisture, light and air; or it can be laid on canvas stretched in a horizontal position.

After having been thus exposed, when it ceases to change color or grow whiter, it must be re-melted, and again passed over the cylinders, and submitted to exposure, as before, to light and air. This process is to be repeated till it becomes white, when it is re-melted for the last time, strained through silk sieves, and run into molds.

There are several kinds of wax—from vegetables or trees—but none equal to that made by bees. The "cow-tree" wax is more like that which the busy bees give us than any other. There is a root in the East Indies which supplies another variety of wax, and also a Chinese wax, called vegetable spermaceti, found on certain trees in China, covering the branches with a soft, white coat, and collected by dipping the branches in boiling water and skimming off the residuum. It is brilliantly white, but more brittle than spermaceti, and is used in China to make candles, and also for medicine. There is a kind of wax called Cuban wax, also, yellowish brown, but of uncertain origin; the Japan wax, made from a root, yellowish white, softer than beeswax, and more like glycerine; the palm wax of Colombia is obtained by the Indians by scraping the exterior of the tree and boiling it, when the wax rises to the top, and is treated like beeswax. The ocuba wax is obtained from the kernels of a fruit found in Brazil.

Then we have the myrtle wax, or candle-tree, or, as it is often called, bayberry tallow, which is found in the berries of the bayberry-tree. The berries are covered with a light, sage-green, waxy crust. This tree is found in many parts of the United States. Most of the vegetable waxes are used for candles or medicinal purposes; but we do not find that any of them can fully take the place of the beeswax.

There is a tin machine called a wax-extractor, which claims to give the best, neatest, and most economical method of preparing beeswax on a large scale. It is said to save more of the wax, extract it more expeditiously and cheaply, and put it in the market much purer than the usual way, and also prevent scattering it over the floor. That certainly is desirable; for if spilled on the carpet, floor, or any wooden substance, it is not an easy thing to remove. This is an invention first used in Switzerland; but whether it is the best arrangement we are not capable of judging, for there are as many ways of preparing beeswax as there are bee-keepers or apiaries. We are not suffi-

ciently familiar with any of them to speak, save "by hook." We are indebted to the "American Cyclopædia," for the clearest ideas of this work which we have been able to gather, but it does not speak of any "wax-extractor," save by the processes we have mentioned.

REPAIRING TIN-WARE.

Those who live in the country often find it difficult to have small articles of tin-ware repaired when necessary, and are frequently put to great inconvenience through long delays. But a little experience will soon teach them to be quite expert in mending for themselves. With a sharp knife scrape all about the hole or leak until it becomes bright as new tin. The solder will then readily adhere. Sprinkle on a little powdered rosin, heat the soldering-iron—which no family should be without—hold it on the rosin to melt it. Do not have the iron so hot that the rosin or solder will adhere to the iron. If one has no soldering-iron, heat any smooth piece of iron (the knob on the top of a shovel or poker will answer), or hold a lighted candle under the spot, after sprinkling the rosin on top, and the work can be accomplished. But, having once felt the need of a soldering-iron, or learned how easy it is to make such repairs, no housekeeper will be long without one.

WASHING DISHES.

If, before wetting greasy dishes, they are sprinkled with corn-meal, or rubbed off with a small whisk-broom kept for that purpose and dipped in a dish of corn meal, it will leave the dish-water much cleaner and nicer for washing other dishes. The meal with which they are rubbed is not wasted, as it is just as good for the pigs or chickens.

THE EYES.

It is very trying and injurious for most eyes to read, write or sew with the light coming in front of one. If the light comes in over the shoulders, it will greatly preserve the strength of the eyes, besides adding greatly to comfort.

TO UTILIZE OLD LINEN OR COTTON.

Boil cloths, that are too much worn for their legitimate use, five minutes in a pint of milk and one ounce of powdered ammonia. As soon as taken out, wring in cold water. Be careful not to let them remain a moment in the water. Dry before the fire, not outdoors in the wind. Keep cloths thus prepared, to polish plate or silverware. First wash and wipe the articles quite dry, then rub briskly with these cloths. The combination of milk and ammonia in which they were boiled, will produce a beautiful deep polish like new silver. Dust them off with a soft chamois or a dry, soft towel, before using.

CUT-FLOWERS.

We have seen it stated that choice cut-flowers can be preserved a long time, and look perfectly fresh, by dipping them, when first cut, in the whites of eggs. Let them dry, and repeat the process several times, having fresh whites each time. We have never tried this, and can not vouch for its reliability; but it is worth trying.

THE USE OF SODA.

There has been much said by good common-sense people, as well as by physicians, against the use of much soda or saleratus in cooking. There is no doubt that it is of great injury to health when used as constantly as it is by many cooks. Physicians very generally agree that its frequent use debilitates and relaxes muscular strength, and is peculiarly injurious to the digestion, and greatly weakens the tone of the bowels, often ending in acute inflammation. Dr. Alcott has no hesitation in expressing his belief that the habitual use of soda is one great cause of the great mortality, particularly among the young, from bowel-complaints. The coats of the stomach and bowels are so weakened by the use of this alkali that they have no power to resist the debilitating effects of the intense hot weather.

TO WASH WHITE SILK HANDKERCHIEFS.

We doubt if white silk can be preserved from yellowing somewhat by washing; but they can, with a little care, be cleansed, and keep their original whiteness much better than most that we see in general use. Make a suds of white soap and warm water. Never use hot water; that will surely turn them yellow. Rub the handkerchiefs gently in the suds, between the hands. Do not rub hard, and never on the wash-board; it draws the silk. Never wring silk; but after washing in the suds till clean, change the water till it runs from the handkerchief perfectly clear. If you have water conveniences by which it can be placed where the water will run over it till clear, it will be better. If so, while the running water is rinsing the handkerchief, put the second handkerchief into the suds, and wash that after the same manner. Wash only one at a time, as quickly as is consistent with having it well done. When one is well rinsed, and the second is being rinsed in the same way, hold the first up out of the water by two corners until the water has drained off in part. Occasionally give it a light shake, but not a snap. Then roll up each one separately in a cloth, to squeeze out gently the remaining dampness, and iron at once. Because it is not well to have two in the suds at once, and not best to keep either long under the rinsing-water, it is much better to wash out any white silk handkerchief as soon as soiled. It can be washed, rinsed and ironed in ten minutes. Do not use a very hot iron, and spread a fine linen cloth or handkerchief over the silk while the iron is passed over once, then remove and finish quickly.

Colored handkerchiefs, or those with colored borders, should be put into a pail of water in which one teaspoonful of sugar of lead has been dissolved; or one teaspoonful of spirits of turpentine will do if the sugar of lead is not convenient. If there is a sore, cut or broken skin on the hands, be careful and take the handkerchief out of the sugar of lead water with a stick, else it will poison the hands.

CARE OF THE HAIR.

We know of no preparation to restore the hair which does not risk health, and sometimes produce fatal results. Keep the head cool, don't keep the hat or bonnet on in the house, and wash the hair very often, and you have done the best you can.

TO SELECT A RIPE WATER-MELON.

We are told from good authority, when a watermelon begins to turn red inside and the seeds are changing to black, a small black speck, scale or blister is gradually formed on the rind outside. These specks or blisters increase as the melon ripens and grows larger, and when fully ripe these signs will be quite thick over the whole surface. A partial development shows half-ripened fruit; a full crop of blisters guarantees its perfect ripeness. The blister can only be seen by close inspection, but, by a little care, can not be mistaken, and one may walk away with one bearing this "escutcheon" with the most perfect confidence that he has secured a perfect melon. We can not vouch for this, but it is worthy of trial.

TO KEEP DOMESTIC ANIMALS FREE OF FLEAS.

Keep them well washed with carbolic soap, and scatter "Insect" or "Persian powder" over the animals and round on the carpets or mats where they are most likely to lie down when in the house. A small rubber bellows usually comes with all insect powder, and is an excellent thing to send the powder through the hair or into the meshes of the carpet. The powder is perfectly harmless, but fleas, bugs and mosquitoes do not fancy it. It is largely used in all bird-stores to keep the birds and cages free from insects, and is very effective.

TO CLEAN WHITE PAINT.

Put some of the best whiting in a plate, have some clean, warm water close by, dip a piece of clean, white flannel in the water, and squeeze as dry as you can; then dip the wet flannel in the whiting, and take up as much as will adhere to it. Apply to the paint to be cleaned, and very little rubbing will remove dirt and grease; then wash as far as has been cleaned in clear water, rub dry with soft chamois, and proceed in the same way till all is cleaned. Paint thus cleaned looks as well as when first put on. The

most delicate colors are not injured by it, and it takes not more than half the time usually spent. The whiting used will not cost more than the soap a girl would use in the ordinary way.

TO DRIVE AWAY FLIES.

We were told on good authority that geraniums kept in a room would drive away not only flies, but *fleas*. We do not know from personal trial. A gentleman stated that his house was marvelously free from flies, and he had always kept geraniums in several rooms. Having occasion to remove the plants for some days, the family found the flies swarming into the house in large numbers. When the geraniums were brought back, the flies departeb.

THINGS WORTH KNOWING.

Measure 209 feet on each side, and you will have a square acre, within an inch.

An acre contains 4,840 square yards.

A square mile contains 640 acres.

A mile is 5,280 feet or 1,760 yards in length.

A fathom is six feet.

A league is three miles.

A Sabbath-day's journey is 1,155 yards. (This is eighteen yards less than two-thirds of a mile.)

A day's journey is thirty-three and one-eighth miles.

A cubit is two feet.

A great cubit is eleven feet.

A hand (horse measure) is four inches.

A palm is three inches.

A span is ten and seven-eighths inches.

A pace is three feet.

TO CLEAN JAPAN WARE.

Many of the Japan and papier-maché wares now quite popular are remarkably pretty, and with judicious care will remain so for a long time; but careless handling and cleaning soon deprive them of all their beauty. None of these articles should be washed in hot water; the heat cracks the varnish on the surface, whether of papier-maché or japanned iron. The varnish is put upon a blackened surface used to coat over the rougher material of which the article is made; and if this is injured, both this black coating and the varnish will begin to peel off, and the article become disfigured and worthless. If any thing like syrup or preserves, of a glutinous nature, will not come off by rubbing, it may be necessary to clean them by the use of water; but the water must not be hot, and soap should be used sparingly. When-

ever it is possible to remove all spots by rubbing with a soft linen or silk duster, never allow water to be used.

When emptying the tea-pot, a few of the tea-leaves squeezed quite free from water are useful to keep the tray clean, and will be harmless if used only damp, not wet. If the tea-tray or waiter appears streaked, as if something greasy had soiled it, a little flour or whiting sprinkled over the tray, and well rubbed with a soft cloth, will make it clean and give renewed luster. The polish on these articles is given by the use of olive-oil and the friction of the hand alone. So, when any scratches appear on the surface that have not penetrated through the varnished surface, sweet-oil on the hand and brisk rubbing will remove the marks. Japan tea-pots, candlesticks, etc., should be cared for in the same way. No water should be allowed to remain in the tea-pot, but it should be emptied and dried, as should be done with all kinds of coffee or tea-pots as soon as one has done using them.

CELERY A CURE FOR RHEUMATISM.

Those who have suffered from this terrible disease will feel somewhat doubtful if there can be any sure cure for it. But physicians are now speaking very strongly of the use of celery as beneficial; and some of the English papers assure us that they have good medical authority for affirming that it is a certain cure, if used properly. To be efficacious it must be cooked, not eaten raw, as is the usual custom. If taken uncooked, although a delightful addition to any meal, its curative qualities are never developed, and it is because it is so seldom cooked that its remarkable effect on such complaints has not been perceived. The celery should be cut into small pieces, and boiled in a little water until soft, and the water should be used as a drink Add sweet milk (new milk, if it is to be had) to the cooked celery. After the water has been drained off, thicken it with a little flour and nutmeg, or add some tomatoes; let it boil up till all are incorporated, and serve hot on toast. A physcian—in England, we think—says that he has many times put his rheumatic patients upon such a diet, and with unfailing success. Within the year, we have often been treated with cooked celery, and find it excellent, and if found to be a cure for one of life's greatest enemies it will stand pre-eminently above all other roots.

THE KUM-QUAT.

This is a distinct species of the orange, growing naturally in China, differing in many respects from all the varieties of the common orange. It is only a shrub, not growing so large as the quince, nor often reaching the height of four feet. The fruit is between the size of a large cherry and a medium-sized plum. In Japan and China it is seldom used for any thing but a preserve. If put up in sugar it is delicious; the rind and all are eaten,

and is exceedingly rich when used as a sweetmeat, and excellent when added to the Chinese chow-chow. On account of its excellence as a preserve, it will, as soon as well known and appreciated, be introduced into our Southern States. In most parts of Florida it will do well, and be a very valuable acquisition. It is a great addition also to the green-house, being low in size, but bushy, and its bright, glossy, dark-green leaves, with the small golden fruit at the end of the branch, make it very attractive, even if there were nothing of value in it.

FADED ROSES.

It has been said that the faded roses of a bouquet can be used to make rose perfume. If the leaves are put into a dish, and a little alcohol sprinkled over them, the room where they stand will be filled with the odor of roses. In England it is a common practice, we understand; very large vases are kept about rooms, into which all faded rose-leaves are thrown and sprinkled with alcohol, and thus a very pleasant atmosphere is secured about the house. But we do not know any other way of preparing rose perfume except by the regular process of distilling.

Rose flavor can be given to cake, if any one fancies it, by putting the butter to be used in the cake in a saucer or plate, and setting it for some hours inside a vase filled with rose-leaves that are sprinkled with alcohol.

TO PUT AWAY WOOLENS AND FURS.

Wrap in linen, after sprinkling with moth-powder, lay in a deep box, and paste a strip of paper over the line where the cover fits on. We see pasteboard barrels are being made for packing woolens and furs, but don't know where they can be obtained. We think they will be very desirable. The head fits down snugly, and when the barrel is filled and the head fitted in, a strip of brown paper is pasted over the seam. If the articles are well aired, shaken, and entirely free from moth eggs when put into this barrel, it is impossible for any insect to find entrance.

TO WASH SWISS MUSLIN CURTAINS WITH BALL FRINGES.

We have never been so fortunate as to have any such curtains to wash; but if we had, should carefully run a soft string or coarse thread through the balls to keep them in place, and prevent them from tangling. Then we would put them to soak overnight in clear, soft water, in which put pulverized borax, a tablespoonful to a pail of cold water, and add a teaspoonful of ammonia. In the morning squeeze, not rub, the curtains out of the water, and put them into warm, clean suds, and pat and squeeze till the dirt is out. Then rinse in one water without bluing; then in another blued. Starch in very clear starch, not very stiff, just so as to make them look like new

muslin. Snap out gently, and hang up very evenly on the line, and carefully pull in shape, and see that all the balls are in their proper place. When dry, lay on a large table, on a clean sheet, sprinkle, pull straight and fold up tightly for two or three hours. When they are well and evenly dampened by being thus rolled up, spread on a clean, fine ironing sheet, and iron on the wrong side. If convenient, let some one stand at the back of the table and hold the curtain smoothly and evenly over the sheet as you iron. Have it lie on the cloth straight by a thread, so there need be no uneven spot. We think Swiss curtains could be made to look like new if done up in this way.

HOUSE-PLANTS.

Plants that do not thrive, evidently have not enough sunlight. If you can not give them that, they will return you but few, if any, blossoms, and will grow tall and awkward, with little tendency to throw out side-branches. But they will do better if you cut them back—"pinch back"—from the top, and they will tend more to side-branches. The insects on your plants should be watched carefully and destroyed before they get possession, or the plants will soon die. If you can put them in a close closet, or close outbuilding, where it will be safe to set a pan of coals, and, throwing a quantity of fine-cut tobacco on the coals, closing the door quickly, the smoke will destroy the lice.

MOTHS.

A correspondent writes that she has much trouble with moths in one room only, the furniture of which is upholstered with crimson and drab brocade satin. "There are numberless white and drab millers come from the furniture, and the carpet where the furniture stands. They seem to hatch out in the carpet, but by pounding the furniture the millers come out of them; can you tell me what to do?"

No doubt the hair with which the furniture is filled has either been imperfectly cured, or pigs'-bristles have been mixed with the hair. That is sometimes done; a very dishonest act. If that is the case, the first year the furniture will not be very troublesome, but grow worse each succeeding year. There is no remedy (we once went through the same experience) but to take all the furniture into the yard, and have the filling all ripped out and burned, if on opening it you find, as we did, the moth-worms in the hair and bristles. Then the wood-work and springs must be well cleaned, and Persian powder scattered over it for several days; then well brushed and sent to some honest upholsterer.

Meantime the carpet must be taken up, well beaten, then spread on a clean floor, a clean wet cloth spread over, and a very hot (not scorching) iron be passed slowly over the cloth, keeping it on till the cloth dries under

the iron. Wring the cloth out again, and proceed as before. It is a long, tedious, hard piece of work, but effectual. The steam from the wet cloth as the iron is pressed over it will destroy the eggs of the miller.

TO CLEAN WINDOWS.

Chamois, or bucksin, cleans a window very nicely; but if the wings of turkeys, geese or large fowls are saved and well dried, there is nothing better—far more economical than chamois, besides removing the dirt more effectually. With the wings, all the dirt can be taken out of corners, and when done there will be no *lint* on the glass.

Nothing is better for cleaning stoves, brushing out corners or brushing off furniture than a good, clean wing.

TO WASH POINT-LACE.

This is easily done on a bottle; but especial care must be taken to have it rolled on evenly, and all the purling or fine edge picked out evenly. This can be made sure by basting the lace on a strip of a fine old linen handkerchief or muslin, thus securing the edge from displacement, and then rolling it on a bottle. Pure white soap is the best to use for all such fine washing.

BORAX FOR WASHING—HOW MUCH?

One tablespoonful to a gallon for fine clothes that are not very dirty or yellow. Two even tablespoonfuls for coarser and more soiled articles. Have the borax well pulverized before putting it to the water.

COLD FEET.

Many who suffer from cold feet, either from a severe cold or imperfect circulation, often attempt to remedy the evil by putting bottles of hot water to the feet at night, on going to bed. This is better than to lose sleep and rest through the discomfort of cold feet, but it is a practice that ought not to be allowed to grow into a habit. If carried to excess it becomes very debilitating. If this artificial heat is an absolute necessity, do not use glass bottles, but strong stone-ware. And, if stone, be sure and have it filled with hot water just as you are ready to get into bed. Do not attempt to heat it, as some do, by placing the stone bottle or jug in the oven; for disastrous, if not fatal, results may follow. When taken from the oven, the moment cold air strikes the bottle, it is liable to explode and do much harm. But, remember, if the water is boiling hot when put into the jug, no harm will follow, even if placed in a warm oven to keep the heat. Boiling the water, and filling the bottle while boiling hot, frees it from gas, and that same water may then be used, without refilling or uncorking the bottle, for several days, and heated by laying the bottle in the oven an hour or so before retiring.

It is wise to keep this in mind, for convenience as well as safety. Glass bottles are unsafe. Zinc and tin corrode, and can not be easily cleaned.

USEFUL HINTS.

Stoves blackened when entirely cold will keep the clean look a very great deal longer than when they are polished when the stove is warm.

Zinc can be brightened by rubbing it with kerosene oil, but it is much better to have it painted, as this will save much labor.

After you have swept your carpets quite clean, you may brighten them with a flannel-cloth wrung from beef's-gall and water.

White paint may be cleaned as well as windows, by using whiting and water, while grained wood-work should be wiped with a flannel-cloth wrung out of cold tea.

Wash pantry shelves with hot alum and water to rid them of ants, water-bugs and other troublesome insects.

CARE OF LAMP CHIMNEYS.

After the lamps are filled, and the chimneys washed and put on the shelf, take pieces of newspaper and roll in the form of a chimney and slip over chimney and lamp. It will protect from dust and flies, and, when the lamps are lighted, one will be rewarded by finding them as clear and bright as when first put in order.

CARE OF COPPER KETTLES AND BOILERS.

Our grandmothers kept theirs like gold by washing them every day in buttermilk, and rubbing dry with a flannel, and we imagine their grand-daughters will find no more reliable way. If buttermilk is not to be had, wet the kettle with milk, let it dry thoroughly, then wipe the milk off with a damp cloth, and polish with a chamois-skin.

FLAVORING EXTRACTS.

No doubt, when obtained from dealers of known reliability, they may be perfectly pure and safe. But the flavor is so far inferior to the fresh fruit or spice that we are always reluctant to use it, preferring the simplest spices where fresh fruit can not be obtained. But many of these extracts can be prepared at home, and thus secure their purity or freedom from any unpleasant or injurious adulterations.

Vanilla may be made by cutting up fine one ounce of fresh vanilla beans, and rubbing into them two ounces of granulated sugar; then put it all into a bottle, and pour over it four ounces of pure water and ten ounces of ninety-five per cent. deodorized alcohol. Keep it fourteen days in a warm place, shaking it up occasionally, when it is ready for use.

Extract of lemon can be made by cutting the rinds of two lemons quite fine; put them in a four-ounce bottle, and fill up with the best deodorized alcohol. Keep the bottle in a warm place for a week. Then put into another bottle, large enough to contain the whole preparation when done, two drams of fresh oil of lemon, add to it four ounces of the best deodorized alcohol, the juice of half a lemon, and strain to it the tincture of the lemon-peel.

Extract of orange is made in the same way.

Put to one ounce of *red rose-leaves* one pint of deodorized alcohol, and let it stand eight days closely corked; then press the liquor from the leaves, adding thereto half an ounce of otto of roses, and you have an excellent specimen of *extract of roses.*

Deodorized alcohol should be always used for making *extracts;* and if the oils used are not fresh and pure the whole will taste like turpentine, and be ruined.

FRUIT JUICES.

To make the best preparation of *fruit juices,* be sure and take the best specimens, fresh and free from specks. Press out the juice with lemon-squeezers, or pound in a marble mortar; then strain through a "tamis" or flannel-bag, and add to each pint of juice six ounces of granulated sugar, and set it over the fire in a clean porcelain kettle; bring to the boiling point, take off all scum that may arise, and bottle in two or four ounce bottles.

Juice left over from canning fruit, or after the fruit is used, may, by adding a little more sugar and just boiling up once, be bottled, and used for puddings and sauces and for making mince-pies, and, we think, is far better than wine or brandy.

PLASTER OF PARIS,

Mixed to a thin paste with gum-arabic water, is excellent for mending broken glass, china or parian ware; but must be used immediately, as it soon hardens. It is best to mix only about enough at a time to mend one piece.

Five parts gelatine to one of acid chromate of lime put on broken edges with a camel's-hair brush, and the edges pressed firmly together for a few minutes and then exposed to the sun, will make a cement that can not be dissolved or broken any more readily than an unbroken piece.

SUGARS.

The best and purest *sugars* are the hard and white or the coarse granulated. The fine powdered sugars are never safe or economical, as they are so generally adulterated.

PRESERVING EGGS A YEAR.

After hatching time is past, collect thirty or fifty dozen (or buy them fresh, when eggs are fifteen or twenty cents a dozen), and prepare a liquid thus: One pint of common salt, one pint of lime; dissolve in four gallons of boiling water; let it settle, and put the eggs into the liquor in stone jars when cold. Cover the eggs entirely in the liquid, and use stone, not soft crockery jars. Thus imbedded, eggs will keep for twelve months, and come out in good shape, though, after all, they will not be equal to new-laid eggs.

OIL-CLOTH OR ZINC—WHICH IS BEST?

Oil-cloth is not as durable, perhaps, unless well cared for, but much prettier and more homelike in the sitting-room or parlor. We prefer zinc for the kitchen, as the fire may fall from the stove, or hot irons be carelessly set down on it, which would spoil an oil-cloth very soon. But when oil-cloth is used, if the edges are not bound they soon wear shabby. Some nail strips of zinc around to fasten the oil-cloth; but we do not think it looks as well as common carpet-binding, one edge laid under, the other over the oil-cloth, and tacked down neatly with galvanized tacks. Strips of cloth of suitable color may be cut from the strongest part of any cast-off garment, and will answer very well, but carpet binding looks nicer.

TO PUT SHELLS ON WOOD OR PASTEBOARD.

Melt common rosin and stir in brick-dust. Proportion: about one part rosin and two parts brick-dust. Use like sealing-wax.

BLEACHING—FLUID.

Dissolve two pounds of sal-soda in a gallon of hot water, and add one pound of good lime; stir the mixture for a few minutes, allow to stand for half an hour, and then carefully pour off and bottle the clear liquid. Half a pint of this may be added to each tub of water.

THE CARE OF RANGES.

There are two or three points in the care of stoves and ranges not touched upon in the article on that subject in previous pages. After the plate on the top is well cleaned, open the dampers, twist up a few pieces of paper or shavings, put small chips, splinters or kindling over the paper lightly. If thrown on hastily in a mass, there will be no breathing holes for the fire when kindled. On this light foundation, put a few pieces of pine wood or kindling; but use sparingly, as wood ashes clog a coal fire and injure the stove. If in haste, and a quick fire is needed, use only two or three bits of wood, and lay

over them a shovelful of coke; nothing helps to kindle a fire so quickly as coke, and it is a great help as well as good economy to keep it always ready to use when in a hurry; but it must not be used lavishly, as it makes too hot a fire. When all is arranged, replace all the covers, see that the dampers are all open, and light fire from beneath. If lighted from above, it will be necessary to take off one cover, and the burning paper will fill the house with smoke.

ALPHABETICAL INDEX.

The following index is arranged for convenient reference, and gives, alphabetically arranged, the page of every cooking recipe and rule in the preceding pages. After it is a supplementary index, which covers all miscellaneous rules and bits of information relating to house-keeping, outside of cooking. These, with the table of contents in the beginning of the book, will give every item of information, ready for use at a moment's notice:

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